



## AFTER CARE INSTRUCTIONS For Hyaluron Pen Treatment

1. **Everyone heals & retains differently.** The process of healing is different and is based on many factors. **There will be swelling and some bruising!**
2. Healing happens in 3 stages.
  - healing on the surface layers of the skin
  - changes in the shape & thickness of skin
  - ACHIEVING THE DESIRED RESULT
3. Be gentle on the treatment surface! **Please wash your hands prior to touching the area.**
4. Avoid touching, poking, and **do not apply any products** on the treatment area **for the first 48 hours!**
5. Tylenol for pain/soreness.
6. Arnica to treat bruising. Bruising usually disappears within 3-7 days; longer if the client is *anemic*.
7. NO TANNING procedures for one week!
8. ITCHINESS can be resolved by BENADRYL.
9. Avoid heavy make-up, intense sweating, and swimming for the next 3 days.
10. **These fillers can last 3 – 6 months**, and length of time is totally dependent on your lifestyle, but 2-3 treatments are ideal *for long lasting results*. The first treatment should be followed by a touch up 14-30 days later.

11. Avoid excessive exercise, sweating, and saunas.
12. **Avoid spicy foods, coffee, wine, and alcohol for 24-48 hours.** Remember most mentioned are natural diuretics and allow the body to expel more water and urine.
13. **NO SEXUAL CONTACT for the next 3 days!** Why? These are open wounds!!! BACTERIA can lead to an infection.
14. **Allergic reactions** happen instantaneously *from 3 seconds to 2 minutes after the procedure*. On rare occasions these happen within 24 hours. BENADRYL is taken to help with the reaction.
15. Bumps and lumps are completely normal and can be massaged. If bumps are severe a heating pack may be applied.
16. **Post procedure**, Carmex, Aquaphor, Burt's Bees, Chapstick and Blistex are okay to apply.
17. SWELLING IS NORMAL! IT IS NOT A BOTCHED PROCEDURE!
18. Remember, we are aiming for **volume, not plump**. Plump is post procedure and swelling. Volume is adding texture and increase in size (gradually) in the lips.
19. Any severe phenomena like uncontrolled bleeding, cyanotic changes, extreme painful swelling, and burning sensation in the area – please contact the artist.
20. These fillers are **TEMPORARY**. It is a **process** to retain these fillers for 3-6 months. Two to three infusions ideally to achieve the 3-6-month retention.