

AGELESS SKIN & HEALTH SOLUTIONS

Dr. Elaine Burns

Post Restylane/Perlane Injection Instructions

Please review the following information carefully to achieve optimal results from your treatment and the most comfortable recovery. Please contact the office if you have any concerns.

- Cold compresses may be applied immediately to treated area to reduce swelling
- Avoid contact with the treated area within six hours following treatment. Once area is no longer numb you may gently wash the area with soap and water.
- Until the redness and swelling is gone, avoid exposing the area to extreme temperatures. (hot or cold)
- Avoid, if possible, taking aspirin or other non-steroidal anti-inflammatory drugs (e.g. Ibuprofen, Advil, Motrin, Aleve, Celebrex), St. John's Wart, Ginko Biloba, Omega 3 fish oils or high doses of Vitamin E for one week after treatment. (can thin the blood and increase bruising)
- Apply Traumeel (homeopathic anti-inflammatory gel) 2 -3 time per day for 3 days to the treated area to reduce bruising/swelling.
- Avoid exercise and alcohol for six hours after treatment.
- Avoid any facial treatments to the face for 2 weeks post treatment.
- If you have any question or concerns contact the office.