



## About Face & Body

At Kelliwood Family Practice  
Dr. Steven C Spencer  
Michelle Osborne-Spencer, PA  
Amanda C Smith, PA-C

### **POST-PROCEDURE INSTRUCTIONS INJECTABLE FILLERS**

#### **RADIESSE, BELOTERO, JUVEDERM ULTRA, JUVEDERM ULTRA PLUS, JUVEDERM VOLUMA, RESTYLANE, SILK, LYFT**

- Apply ice to the treated area for the first 24 hours if treated around the eye or lips. 20 minutes on, then 20 minutes off is a good rule.
- The first post-procedure visit will be in one week.
- The injected points are very small and need little care. At home, you can clean the area with a non-irritating cleanser. Make-up can be worn in one-hour after the procedure.
- A feeling of numbness or swelling in the treated area is normal and it will relax within a few hours.
- Your skin is sensitive to the sun. You should apply a 30 SPF or greater sunblock 3-4 times a day when you are exposed to moderate amounts sun.
- You should refrain from massaging the injected area. The area may *feel* lumpy and is normal. However, if a visible lump is seen after the initial 3 days, we may gently massage it at your follow up appointment which will smooth the area.

**NOTIFY OUR OFFICE AT 281-398-5001 WITH ANY UNEXPECTED PROBLEMS OR CONCERNS.**