



## Restylane® Post-Treatment Checklist

- Immediately after the treatment, the most commonly reported side effects are temporary redness and swelling at the injection site. These effects typically resolve within 2-3 days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond 2-3 days or if other reactions occur, please contact our office.
- Avoid touching the treated area within 6 hrs following treatment. After that, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun lamp or sun bathing for ~ 2 weeks).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to Dr. Gross about medications that may minimize a recurrence.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort, and high doses of vitamin E supplements for 1 wk. after treatment. These agents may increase bruising and bleeding at the injection site.
- Avoid exercise and alcohol for 6 hrs. post-treatment
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult Dr. Gross about recommendations for touch-up or follow-up treatments.