



## **Post Procedure Instructions**

### **Procedure: Fillers (Juvederm Voluma Restylane Radiesse Sculptra)**

1. You will have some redness at the injection sites which will clear up in a few hours.
2. You may have some bruising and swelling which will clear up in a few days. This can be minimized by applying ice directly to the site for 48 hours. This will be particularly so for the lips.
3. You may resume your usual activities in a few days.
4. Hyaluronic Acid fillers take 48 hours for the swelling to recede.
5. You may want to sleep on your back with your head up for a few days.
6. It is not uncommon for there to be some asymmetry at first. Please allow at least 2 weeks for the fillers to settle in.
7. In cases where there is left over unused product, store it in a dry place at room temperature. When you are ready to use it, log on to [botoxbydrlandsman.com](http://botoxbydrlandsman.com) and schedule an appointment for "unfinished syringe".