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***Post Fillers Care Instructions***

Ice the area several times for 10 minutes.

Do NOT take advil, ibuprofen, aspirin, Vitamin E, etc., in order to reduce the risk of bruising. Avoid alcoholic beverages, exercise, bending forward, since these activities can increase the risk of bruising. Do not rub the area.

If you get a bruise, it's OK to cover it with makeup (green tinted makeup covers up red very well).

If you have any questions or concerns, please call my office.