



Dream Aesthetic
by Dr. Ortiz

YOUR POST CARE INSTRUCTIONS

DERMAL FILLERS

Thank you for trusting **Dream Aesthetic by Dr. Ortiz**. To support beautiful, lasting results and minimize risk, please follow these post-care guidelines carefully:

AVOID THE FOLLOWING AFTER TREATMENT:

- Touching the treated area for at least 6 hours
- Intense facial expressions and wearing makeup for 12 hours (or ideally until the next day)
- UV exposure and extreme heat (sunlight, sunbeds, saunas) for 2 weeks
- Exposure to freezing temperatures
- Strenuous activity for 24 hours
- Facial treatments of any kind for 2 weeks
- Alcohol and smoking for at least 48 hours
- Sleeping on the injected area — try to keep your head elevated for 48 hours

SPECIAL CONSIDERATIONS:

- Tear Trough Treatments: Sleep upright to help reduce swelling.
- Lip Filler Patients: Swelling may last up to a week and appear uneven during healing.
- Cold Sores: If you're prone to cold sores, treatment can trigger a flare-up. Contact us and treat as you normally would.

IF YOU NOTICE:

- Severe pain
- Skin color changes (purple or red areas)
- Abnormal or severe bruising

📞 Call us immediately at (346) 539-2104

NORMAL SIDE EFFECTS MAY INCLUDE:

- Mild bruising
- Swelling
- Tenderness to touch

These usually resolve within 48–72 hours. If symptoms persist longer, don't hesitate to reach out.

FOLLOW-UP:

Dermal fillers look best when maintained over time. Schedule your follow-up appointment in 2 weeks to evaluate results and discuss your treatment plan.

