



### Dermal Fillers

- Fillers take 2 weeks to “settle.” This means you will experience irregularities with swelling, which skews the visual result.
  - Please follow up in 2 weeks to discuss any needed touch ups.
- No exercise, hats, or pressure on injection points for today. Return to normal exercise tomorrow.
- No icing after today.
- Normal for bruising and swelling at injection sites.
  - Please call us with any extreme bruising, severe pain, or extreme swelling!
- No makeup in treatment areas for 24 hours after your procedure.
- No massages for 2 weeks after your procedure.
- Please be mindful of procedures that may dissolve dermal fillers (including Morpheus8). Inform any provider of your dermal filler placements.

**Please follow up in office (preferably) or via email with photo/video in 2 weeks.**

**If you have any questions or experience possible signs of infection or extreme discomfort, please contact:**

**Dr. Burke’s Clinical Team**  
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**Photos → [facialplastics@virginiaent.com](mailto:facialplastics@virginiaent.com)**

