



ARTEFILL® POSTCARE INSTRUCTIONS

- DO NOT touch treated areas for 6 hours. After 6 hours, the areas can be gently washed.
- DO NOT massage treated areas for 48 hours. After 48 hours, area(s) can be gently massaged and shaped.
- DO NOT exercise for 24 hours after treatment.
- DO NOT drink alcohol for 24 hours after treatment.
- Avoid excessive sun exposure, UV lamp exposure, tanning, and cold outdoor activities until redness and swelling resolve.
- **After treatment there will be moderate to severe swelling, some redness and bruising.** These symptoms will resolve in about 7 days. Please contact office if these symptoms persist beyond 7 days.
- Ice frequently for comfort and to reduce swelling.
- Take Tylenol as needed for discomfort.
- Please schedule a follow up appointment in 2 weeks.
- **Please call office (503) 802-7546 for any further questions or concerns**

I have read and understand the above instructions. I understand that I am expected to follow these treatment instructions, including keeping scheduled appointments, if I am to achieve optimum results.

Patient Signature: _____ Date: _____

24 Hour Cancellation Policy: Failure to adhere to this policy will result in the loss of one treatment from your purchased package or \$50 - \$100 charged to your account. The balance must be paid before any further treatments can be performed. _____**(Patient Initial)**