



Heather J. Roberts, M.D.
A Medical Corporation

Dermatology & Dermatologic Surgery
Cosmetic & Laser Surgery

Diplomate, American Board of Dermatology
Fellow, American Academy of Dermatology
American Society of Dermatologic Surgery
California Dermatology Society
The American Society for Laser Medicine and
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Skin Cancer Foundation
Clinical Associate Professor of Dermatology,
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COSMODERM/COSMOPLAST AFTERCARE INSTRUCTIONS

We hope you have enjoyed your treatment with Cosmoderm/Cosmoplast.

Until there is no redness or swelling, please avoid:

- Strenuous exercise (avoid facial redness or flushing)
- Extensive sun or heat exposure
- Alcoholic beverages

Exposure to any of the above may cause prolonged redness, swelling and/or itching at injection sites.

If swelling develops at the injection site(s), apply an ice pack or frozen bag of peas for 5 – 10 minutes every 1 – 2 hours until swelling resolves. Taking Arnica 30x (pill form), 4 tablets under the tongue 4 x day, can also help decrease swelling and speed healing.

Make-up may be applied a few hours post treatment if no complications are present (ex. open wounds, bleeding, infection).

To report an adverse reaction, please call Dr. Roberts immediately and Allergan, Inc (800) 433-8871 option 2.