



Dermal Filler

AFTERCARE

To ensure optimal results and reduce the risk of complications, please follow these aftercare guidelines after your filler treatment:

What to DO:

- Apply a cold compress gently to reduce swelling or bruising (15 minutes on, 15 minutes off).
- Keep your head elevated for the first few hours post-treatment.
- Stay well hydrated and maintain a healthy diet to support healing.
- If needed, you may take acetaminophen (Tylenol) for discomfort. Avoid NSAIDs like ibuprofen or aspirin unless directed by your provider.

What to AVOID for 24–48 Hours:

- Do not touch, press, or massage the treated areas unless instructed.
- Avoid strenuous exercise or activities that increase heart rate or facial flushing.
- Refrain from consuming alcohol, caffeine, or salty foods, as these can contribute to swelling.
- Avoid exposure to extreme heat such as saunas, hot tubs, or tanning beds.
- Do not apply makeup or skincare directly to the injection sites for at least 12 hours.

What to Expect:

- Mild swelling, redness, tenderness, or bruising at the injection site is common and usually resolves within a few days.
- Small lumps or asymmetry may occur during the initial healing process but often settle as the filler integrates.
- Final results are typically visible within 7–14 days once swelling subsides.

Follow-Up:

- Avoid scheduling dental work, facials, or other aesthetic treatments for at least two weeks post-injection.
- A follow-up appointment can be scheduled if adjustments are needed once healing is complete.

If you experience significant pain, severe swelling, blanching of the skin, or any unusual symptoms, contact us immediately.