



AFTER CARE

Dermal Filler Instructions

After Care Instructions:

- Avoid alcohol and excessive salt for 48 hours. If you've had your lips filled, avoid spicy foods for 48 hours.
- No excessive heat, sun, or saunas for 48 hours.
- No strenuous exercise for 24 hours.
- Unless specifically instructed by your provider, do not massage or rub injected areas.
- Be gentle when cleansing your face.
- Apply makeup very gently for the next 48 hours.
- You may use Tylenol or Arnica to help with tenderness and swelling.
- Do not sleep on your face or apply significant pressure to areas that have been injected for the first week.

Important information after tissue filler treatment:

- Swelling is normal following your treatment and may last several days to weeks.
- Temporary lumpiness or asymmetry can be present and will resolve with time.
- You may intermittently apply a cool pack or compress for the first few hours following your injection.
- Do not massage the area unless instructed to do so by your provider.
- Some people may experience bruising following their treatment. This is more common in patients who use aspirin, ibuprofen, vitamin E, or many other herbal supplements. Bruising typically resolves in 7-10 days and may be covered up with makeup in the morning following your injection.
- If significant bruising is present, please notify your provider.
- Moderate tenderness and redness are normal for a few days after injection.
- To reduce the possibility of swelling, avoid salty food, alcohol, and exercise on the day of your treatment. Swelling may increase on the second or third day before it resolves. Sleep with your head elevated on pillows at night to reduce swelling.
- Most bumps, if present, will resolve in the first week following treatment. If you have any concerns, contact your provider.
- It takes approximately 4-6 weeks until the filler is fully healed and integrated into your tissue.

If you have questions or concerns, please call the office at 603-742-5556.