



## **Dermal Filler Post-Care Instructions:**

To achieve optimal results and minimize the risk of side effects such as swelling or bruising, please follow these aftercare guidelines following your dermal filler treatment (e.g., Juvederm, Restylane, RHA Collection, Versa, etc.):

### **Immediately After Treatment:**

- You may experience redness, swelling, tenderness, firmness, lumps, or mild bruising at the injection sites. These are normal reactions and typically resolve within a few days.
- Apply cold compresses (gently) to the treated areas for 10 minutes at a time to reduce swelling and discomfort. Do not apply ice directly to the skin.
- Do not touch, press, rub, or manipulate the treated areas for at least 6 hours post-treatment. After that, you may cleanse your face gently with a mild cleanser.

### **First 24 Hours:**

- Avoid strenuous exercise or activities that increase blood flow to the face.
- Avoid alcohol as it may exacerbate swelling and bruising.
- Avoid excessive heat exposure such as saunas, hot tubs, or tanning beds.
- Do not apply makeup over the treated areas for the rest of the day.
- Keep your head elevated when resting or sleeping to minimize swelling (use extra pillows).

### **First 48 Hours:**

- Continue to avoid facials, massages, or treatments that involve pressure on the treated areas.
- Be gentle when washing your face; avoid scrubbing the treated regions.

**First Week:**

- Mild swelling, firmness, or unevenness may persist up to 7-10 days.
- Bruising may last 7-14 days, especially in delicate areas like the lips.
- Use Arnica montana gel or tablets to help reduce bruising (optional).

**What to Expect:**

- Full results are typically visible once swelling subsides, which may take up to 2 weeks.
- Minor asymmetry, lumps, or bumps may be present initially but often resolve as swelling decreases and the filler settles.
- Dermal filler results generally last between 6-18 months, depending on the product and treatment area.

**Important Reminders:**

- Avoid scheduling any major social events for at least 2 weeks post-treatment.
- Contact the office if you experience:
  - Severe or worsening pain.
  - Pale or dusky discoloration of the skin.
  - Prolonged blanching or mottling of the skin.
  - Signs of infection (fever, significant redness, or heat at the injection site).