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Dermal Filler Post-Treatment Instructions

FIRST 6 HOURS

- Do NOT touch, press, rub, or manipulate treated areas (may cause irritation, sores, or scarring)

FIRST 24-72 HOURS

- Avoid vigorous exercise, sun exposure, and heat for 3 days
- Avoid alcohol, caffeine, smoking, and high sodium/spicy/sugary foods
- Avoid NSAIDs such as Advil or Motrin to reduce bruising risk

SWELLING & BRUISING

- Bruising and swelling are normal and may last 1-2 weeks
- Lip fillers may swell, bruise, or appear purple the next day
- Swelling may decrease 15-20% as healing progresses
- Apply ice 20 minutes on / 20 minutes off for 24 hours
- Arnica gel may help reduce bruising

LIP FILLER HEALING

- Lips may feel lumpy or uneven for 2-3 weeks
- This is normal and will resolve as healing completes
- Follow-up is recommended after healing

SKINCARE & MAKEUP

- Avoid Retin-A or similar products for 48 hours
- Avoid makeup the same day if possible
- If needed, use mineral makeup or Aquaphor for lips

TREATMENT RESTRICTIONS

- Avoid facials, peels, laser, microneedling for 2 weeks

SPECIAL AREAS

- Under-eye filler may appear puffy or swollen for several weeks
- Headaches may occur with nose, nasolabial, or under-eye filler (up to 4 days)
- Low sodium intake and hydration may help; Tylenol can be used

HEALING NOTES

- One side may heal differently than the other
- Allow 2-3 weeks for full healing
- Everyone heals at a different rate

WHEN TO CALL

- Increased pain, swelling, or redness
- Skin discoloration (white, gray, or dark areas)
- Vision changes or unusual symptoms