



Dermal Filler

Aftercare Instructions

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1. Be gentle with your face for the first several days. In general, avoid any activity that would increase circulation to the face, and therefore increase swelling and/or bruising.
2. Avoid vigorous exercise for 24 hours. Walks, slow hiking and lifting weights are all fine.
3. Avoid hot water, steam, or direct sun on your face for 2-3 days to prevent excess swelling.
4. Avoid direct pressure on the injected areas of the face for at least one week. Avoid placing your face in a massage cradle. Be wary of goggles. Wait at least a week for a facial. Be thoughtful about your pillow placement when sleeping.
5. You may have some mild swelling and potential bruising of the treated areas for several days up to 2 weeks. Under the eyes and the lips tend to swell the most.
6. You may take Tylenol for soreness but limit ibuprofen, naproxen, and aspirin for 2 days. These medications can increase bruising.
7. Gently ice the treated areas frequently (15 minutes each hour the first day) to help decrease swelling. Be gentle and do not freeze the skin.
8. You may take Arnica to help with bruising.
9. If you shave your face, avoid shaving over the needle entry sites until they are healed, and the scab is gone. This usually takes 4-7 days. You can shave around the area but not over it. You can use a sanitized tweezer or blunt tipped scissor on the hair near the entry site in order to obtain a clean-shaven look.
10. Infection is rare. Avoid routine dental procedures for two weeks after injection to decrease this risk further. Signs of infection would be redness, warmth, swelling that increases after 2 days, or any drainage. If you have any potential signs of infection, please contact us right away.

Please contact us if you have any questions or concerns:

Office: 303-527-0101