



Post-Treatment Instructions Dermal Fillers

Please be patient. It takes 2-3 weeks for full results of dermal fillers to become apparent. Not only are swelling and bruising common after treatment, but dermal filler takes time to rehydrate and attract water molecules to create a soft, natural result.

- Avoid significant movement or massage of the treated area unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling or bruising.
- If you received dermal filler in the lip area, avoid anything that will create significant movement in the lips, such as drinking through a straw or vigorous kissing, for the first 2 weeks.
- Try to sleep face up and slightly elevated if you experience swelling.
- If you have swelling you may apply a cool compress.
- If swelling worsens throughout the day, take an allergy medication, such as Zyrtec, Allegra, or Xyzal. This is temporary and will decrease significantly by the next morning.
- It is common for temporary bruising and swelling to appear asymmetric in the initial period after injection. This is temporary and will go away on its own.
- Any tiny bumps or needle marks will go away within a few days. Bruises or residual marks are common and may be covered with makeup, but please wait for 2 hours.
- Use Tylenol for discomfort.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.
- Dermal fillers typically last anywhere between 6 months and 2 years. The duration of effect depends on the type of dermal filler used, where on your face it was injected, how expressive your face is, and your metabolic rate.