

DERMAL FILLER POST TREATMENT INSTRUCTIONS

Immediately After Treatment

- Apply cold compresses (light pressure) for 10–15 minutes every hour to reduce swelling.
- Remain upright for 4 hours post-treatment—avoid lying flat or face-down.
- Avoid touching, pressing, or massaging the treated area for 6 hours unless directed.
- Avoid makeup for at least 6 hours (24 hours preferred).

For the First 24–48 Hours

- No strenuous exercise or heavy lifting.
- Avoid alcohol, caffeine, and excessive sodium to reduce swelling.
- Refrain from hot environments—saunas, hot tubs, steam rooms, or sunbathing.
- Do not undergo facial treatments, chemical peels, or microneedling.

Within the First Week

- Mild bruising, swelling, or tenderness is normal and should subside in 3–7 days.
- Use Arnica or bromelain supplements (if approved by your practitioner) to reduce bruising.
- Sleep with your head elevated for the first 2 nights if swelling is present.

Contact Us If You Experience:

- Severe pain, increasing redness, or heat at the injection site.
- White or pale skin in the treated area, or signs of vascular compromise (cold, mottled skin).
- Blurred vision, headache, or dizziness.

