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Facial Fillers Post-Operative Instructions

No Touching or Rubbing: *Avoid touching or rubbing the treated areas for at least 6-12 hours after the filler injections. This helps prevent the filler from shifting or spreading.*

Stay Upright: *Maintain an upright position for the first few hours after the procedure. Avoid lying down or bending over during this time to prevent the filler from moving to unintended areas.*

Avoid Strenuous Exercise: *Refrain from strenuous physical activities, such as heavy lifting and vigorous exercise, for at least 24-48 hours post-injection. Excessive movement can cause the filler to settle unevenly.*

Limit Alcohol and Blood Thinners: *Avoid alcohol and blood-thinning medications for at least 24 hours after the procedure. These substances can increase the risk of bruising at the injection site.*

Minimize Heat and Sun Exposure: *Stay away from direct sunlight, hot tubs, saunas, and extreme heat for the first 24-48 hours post-injection. Heat can increase blood flow to the treated area and potentially affect the filler's placement.*

Apply Cold Compresses: *If swelling or bruising occurs, you can apply cold compresses to the treated areas. Use a clean cloth or ice pack wrapped in a thin towel for short intervals (10-15 minutes at a time).*

Avoid Facials and Massages: *Refrain from facials, facial massages, or any facial treatments for at least two weeks after the injection. These activities can disturb the filler's placement.*

Stay Hydrated: *Drink plenty of water to help your body recover and minimize swelling.*

Patience is Key: *Filler results may appear immediately but can also take a few days to settle. Allow time for the filler to integrate with your natural tissues and for any swelling to subside.*

Report Adverse Effects: *If you experience severe or unexpected side effects, such as excessive swelling, pain, or lumps, contact your healthcare provider promptly.*

Long-Term Skin Care: *After recovery, maintain good skincare practices, including sunscreen use and proper hydration, to prolong the results of your filler treatment.*