



Dermal Filler Care Instructions

(Pre- and Post-Procedure Guidelines)

Before Your Filler Appointment

1–2 Weeks Before

- ☐ Avoid blood-thinning medications/supplements (aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, etc.) unless prescribed.
- ☐ Do not schedule dental work or vaccinations within 1 week of treatment.
- ☐ Inform your provider if you are pregnant, breastfeeding, or have autoimmune/neurological conditions.

3–5 Days Before

- ☐ Stop alcohol consumption.
- ☐ Avoid strenuous exercise 24 hours before treatment.
- ☐ Skip facials, peels, or laser treatments in the treatment area.

Day of Treatment

- ☐ Arrive with clean skin (no makeup, lotions, sunscreen).
- ☐ Eat a light meal beforehand.
- ☐ Bring a list of current medications.
- ☐ Inform your provider of any cold sores or skin infections.

After Your Filler Appointment

First 4–6 Hours

- ☐ Avoid touching, pressing, or massaging the treated areas.
- ☐ Stay upright; do not lie flat for extended periods.

- ☐ Do not apply makeup to the treated area.

First 24 Hours

- ☐ Avoid strenuous exercise, alcohol, and blood-thinning medications (unless prescribed).
- ☐ Do not expose the treated area to extreme heat (saunas, hot tubs, tanning beds).
- ☐ Mild swelling, redness, or bruising is normal. Apply a cold compress gently if needed.

First Week

- ☐ Sleep on your back if possible to avoid pressure on the face.
- ☐ Avoid facials, massages, or dental procedures for at least 1 week.
- ☐ Results will settle gradually; allow 1–2 weeks for the final outcome.

When to Contact Us

Call the clinic immediately if you experience:

- Severe pain or persistent swelling
- Skin discoloration (white or bluish patches)
- Signs of infection (fever, pus, increasing redness)
- Vision changes or difficulty breathing

Follow-Up

- ☐ Schedule a follow-up appointment in 2 weeks to assess results.
- ☐ Dermal fillers typically last 6–12 months depending on the product and area treated.
- ☐ Regular maintenance treatments help sustain results.