

Dermal Filler FAQs and Aftercare

Can I take painkillers before or after having dermal filler injections?

We recommend avoiding anti-inflammatory painkillers before and after the procedure as these can thin the blood and increase the risk of redness, swelling, bleeding and bruising. Ibuprofen and aspirin are the most well-known anti-inflammatory drugs. However, during your consultation it's important that you let us know what medication you're taking so we can advise on possible contraindications (situations in which you should avoid taking your medication). If you're in pain, apply a cold compress to the area to help reduce swelling.

Can I exercise after having dermal filler injections?

We recommend waiting at least 48 hours after dermal fillers before doing any strenuous exercise – this will avoid the risk of infection. You shouldn't do any strenuous exercise during that time, but we also recommend you avoid yoga too. This is because inverted positions such as headstands could increase the risk of you suffering bruising and swelling.

How soon can I drink alcohol after having dermal filler injections?

Although drinking alcohol won't affect the long-term results of having dermal fillers, it can increase bruising and swelling.

How soon after having cosmetic fillers can I sunbathe?

Avoid sunbathing, sunbeds and intense heat (such as saunas and Turkish baths) for one week after treatment. If you do go out in the sun, wear sunscreen at all times.

How soon after having dermal fillers can I touch my face?

Don't touch or rub the treated area for at least six hours after treatment. After that, you can gently clean the area and apply light make-up.

How long does it take for facial fillers to settle?

It can take up to two weeks for facial fillers to settle into place.

Is it possible to have an allergic reaction to dermal fillers?

Hyaluronic acid is a substance found naturally inside the human body so a reaction to this substance is extremely rare. Immediately after the treatment, there may be a slight redness and swelling in the treated area.

Should I expect to feel any pain after having dermal fillers injected in my face?

Most patients won't experience any pain after having dermal fillers. But some people may find they have a little bit of soreness and/or mild bruising at the site of injection. If you do experience any pain, bruising or swelling, you can treat this with an ice pack. Before administering the injections, we will apply topical anaesthetic cream to the area to help keep any pain during the procedure to a minimum. The filler itself contains some local anaesthetic called lidocaine²—this is a numbing agent that makes the procedure very comfortable.

How long is the recovery time after having dermal fillers?

Some people experience mild bruising and swelling after the procedure. If this occurs, you can expect it to wear off in a week or two. After the procedure, the treated area will be slightly red, but this will last only a few hours.

Dermal Filler FAQs and Aftercare (continued)

How long will the results of dermal filler injections last?

The effects of dermal fillers can last for up to 18 months but this will vary from person to person. It depends on your skin, the area you have treated and the amount and type of filler used. The results will gradually fade over time until your skin returns to its previous state. You can choose to have 'touch up' procedures to maintain the look the dermal fillers help create.

What if the results are not what I expected?

We are always happy to review you if you have any concerns or queries, but remember that results can take up to two weeks to reach the full and final result.