

Filler Post-Treatment Instructions

[Tori's Treatments](#)

What to Expect

It is normal to experience:

- Mild swelling
- Bruising
- Tenderness
- Redness
- Firmness or small bumps
- Temporary asymmetry while swelling settles

Most swelling improves within **48–72 hours**, with final results typically visible in **2 weeks**.

For the First 24 Hours

- Apply a cool compress for 10–15 minutes at a time as needed.
 - Avoid strenuous exercise.
 - Avoid alcohol.
 - Stay hydrated.
 - Sleep with your head elevated if possible.
 - Do not massage or press on the treated area unless instructed by your injector.
 - Avoid excessive facial treatments or pressure.
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For the First 48 Hours

Avoid:

- Hot tubs
- Saunas
- Steam rooms
- Excessive heat
- Prolonged sun exposure

Continue using sunscreen daily.

For One Week

Avoid:

- Facial massages
- Microneedling
- Chemical peels
- Laser treatments
- Aggressive facials

Please wait until your injector clears you before scheduling additional facial treatments.

Pain Relief

If needed, acetaminophen (Tylenol) is preferred.

Avoid ibuprofen, naproxen, or aspirin during the first 24 hours unless prescribed by your healthcare provider, as they may increase bruising.

Cold Sore Prevention

Lip filler may trigger a cold sore in patients with a history of herpes simplex (HSV). If you have a history of cold sores, please let your injector know before your appointment. Preventive antiviral medication may be recommended.

When to Contact Us Immediately

Although rare, vascular occlusion is a medical emergency. Contact us immediately if you experience:

- Severe or worsening pain
- Skin turning white, gray, purple, or mottled
- Blisters
- Increasing redness with significant warmth
- Vision changes
- Persistent numbness
- Fever or signs of infection

If you experience vision changes or sudden severe symptoms, seek emergency medical care immediately.

Follow-Up

A follow-up appointment at approximately **2 weeks** is recommended to assess healing and determine if any touch-up is needed.

Thank you for trusting **Tori's Treatments** with your care. We look forward to helping you achieve beautiful, natural-looking results!