

Pre/Post Treatment for Filler

Pre-Treatment

You can apply Arnica Cream or take arnica pills 3 to 4 days prior to treatment on the areas where bruising may occur in order to reduce or prevent any bruising post-treatment

Post Treatment

- Avoid Touching or Rubbing the Treated Area: Refrain from touching, rubbing, or applying pressure to the treated area for at least 6 hours post-treatment. This helps prevent the filler from shifting and ensures proper integration into the tissues.

- Do Not Engage in Strenuous Exercise: Avoid strenuous exercise or activities that increase blood flow to the face for at least 24 hours after filler injections. Vigorous physical activity can exacerbate swelling and potentially displace the filler.

- Avoid Consuming Alcohol: Minimize alcohol consumption for the first 24 hours post-treatment, as alcohol can increase the risk of bruising and swelling at the injection sites.

- Do Not Apply Heat: Avoid exposure to heat sources such as saunas, hot tubs, or direct sunlight for at least 24-48 hours post-treatment. Heat can increase swelling and discomfort at the injection sites.

- Avoid Sleeping on Your Face: Refrain from sleeping on your face or applying pressure to the treated area while sleeping for the first few nights after filler injections. Sleeping on your back can help maintain the filler's placement and minimize the risk of displacement.

- Do Not Take Blood-Thinning Medications: Avoid taking blood-thinning medications, such as aspirin or non-steroidal anti-inflammatory drugs (NSAIDs), for a few days post-treatment unless otherwise instructed by your healthcare provider. These medications can increase the risk of bruising and bleeding at the injection sites.

- Avoid Facial Massages or Facials: Refrain from receiving facial massages or facials for at least one week after filler injections. These treatments can disrupt the filler's placement and increase the risk of complications.

- Do Not Overexert Facial Muscles: Avoid making exaggerated facial expressions or movements, such as frowning or squinting excessively, for the first few days post-treatment. This can help prevent the filler from migrating to unintended areas and ensure optimal results.

- Do Not Expose the Treated Area to Harsh Chemicals: Avoid applying harsh skincare products or undergoing chemical peels or laser treatments to the treated area for at least one week post-filler injections. These treatments can irritate the skin and interfere with the healing process.

- Do Not Panic if Initial Swelling Occurs: It's normal to experience some swelling, redness, or bruising after filler injections. However, if you experience severe or prolonged swelling, pain, or other concerning symptoms, contact your healthcare provider immediately.

Following these post-treatment guidelines for filler injections can help minimize complications, promote optimal results, and ensure a smooth recovery process. If you have any questions or concerns, don't hesitate to reach out to your healthcare provider for guidance and support.