



Dermal Filler Treatment Instructions

Before Treatment

1. One Week Prior:

- Avoid **aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), fish oil, vitamin E, ginkgo biloba, St. John's Wort**, or other blood-thinning supplements and medications (unless prescribed by your physician). These can increase bruising and bleeding.
- Limit or avoid **alcohol** for at least 48 hours before your appointment.
- If you are prone to **cold sores**, notify your provider. You may be prescribed an antiviral medication (like Valtrex) to prevent an outbreak.
- Avoid **dental work, vaccines, or major medical procedures** within two weeks of your filler treatment.

2. 24–48 Hours Before:

- Stay **well-hydrated** and eat a healthy meal before your appointment.
- Avoid **intense exercise**, excessive sun or heat exposure, and alcohol.
- Do **not** use any harsh skincare products such as retinol, glycolic acid, or chemical exfoliants in the treatment area.
- If you have an **active infection, rash, acne, or cold sore**, reschedule your appointment.

3. Day of Treatment:

- Arrive with a **clean face** (no makeup, lotion, or sunscreen).
- Inform your injector of any **changes in your medical history, new medications, or recent procedures**.
- Plan to avoid major social events for several days post-treatment due to possible swelling or bruising.

After Treatment

1. Immediately After:

- Expect mild **redness, swelling, tenderness, and bruising** at injection sites — this is normal and typically subsides within a few days.
- Apply a **cool compress** (wrapped in a clean cloth) for 10–15 minutes every hour as needed for the first 24 hours.
- Avoid **touching, pressing, or massaging** the treated area unless instructed by your provider.
- Stay **upright** for at least 4 hours post-treatment and avoid lying face down.

2. For the First 24–48 Hours:

- Avoid **strenuous exercise, alcohol, and excessive heat** (sauna, hot tub, or sunbathing).

- Do not apply **makeup** for at least 12 hours after treatment.
- Refrain from **facials, chemical peels, laser treatments, or microneedling** for at least 1–2 weeks.
- Sleep on your **back with your head elevated** the first night to minimize swelling.

3. Ongoing Care:

- Results are typically visible immediately but may take up to **2 weeks** to fully settle.
- Minor asymmetry, firmness, or small bumps may occur and generally resolve as the filler integrates with the tissue.
- Maintain good hydration and a healthy lifestyle for longer-lasting results.
- Contact your provider immediately if you experience:
 - Severe pain or blanching (white or dusky discoloration of skin)
 - Persistent redness or warmth
 - Signs of infection (fever, pus, spreading redness)
 - Vision changes or severe headache

4. Follow-Up:

- Schedule a **follow-up appointment** 2–3 weeks post-treatment to assess results and make any necessary adjustments.