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## *Post-Care Instructions for Dermal Filler*

Dermal fillers are a popular and effective way to enhance facial volume and smooth out wrinkles. Proper aftercare is essential to achieve optimal results and minimize potential side effects. Follow these guidelines to ensure a smooth recovery and the best outcome from your treatment.

### **Immediate Aftercare:**

1. **Avoid Touching the Treated Area:** Refrain from touching, massaging, or applying pressure to the injection sites for at least 24 hours. This helps prevent displacement of the filler.
2. **Minimize Swelling and Bruising:** Apply a cold compress or ice pack wrapped in a cloth to the treated areas for 10–15 minutes at a time during the first 24 hours to reduce swelling and bruising.
3. **Stay Upright:** Keep your head elevated and avoid lying down for at least 4–6 hours after the procedure to allow the filler to settle properly.
4. **Limit Physical Activity:** Avoid strenuous exercise, heavy lifting, or activities that increase blood flow to the face for 24–48 hours, as this can worsen swelling and bruising.
5. **Avoid Alcohol and Blood Thinners:** Refrain from consuming alcohol, aspirin, ibuprofen, and other blood-thinning medications unless prescribed by your healthcare provider, as they can increase the risk of bruising.

### **Short-Term Care (First Few Days):**

1. **Gentle Cleansing:** Use a mild cleanser and lukewarm water when washing your face. Avoid harsh exfoliants, scrubs, and aggressive rubbing.
2. **Limit Sun and Heat Exposure:** Avoid direct sunlight, tanning beds, saunas, and hot showers for at least 48 hours, as heat can increase swelling and irritation.
3. **Stay Hydrated:** Drink plenty of water to help your body adjust to the fillers and promote healing.
4. **Use Arnica or Bromelain:** If you experience bruising, consider using arnica gel or taking bromelain supplements (as advised by your provider) to speed up the healing process.



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### Long-Term Care and Maintenance:

1. **Follow Up with Your Provider:** Attend any scheduled follow-up appointments to assess the results and address any concerns.
2. **Avoid Facial Treatments:** Wait at least two weeks before undergoing facials, chemical peels, laser treatments, or other aesthetic procedures.
3. **Maintain a Healthy Lifestyle:** A balanced diet, proper hydration, and a good skincare routine can enhance and prolong the effects of your dermal fillers.
4. **Monitor for Unusual Symptoms:** While mild swelling, bruising, and tenderness are normal, contact your provider immediately if you experience severe pain, skin discoloration, or signs of infection such as excessive redness, warmth, or pus at the injection site.

By following these post-care instructions, you can ensure a smooth healing process and enjoy your enhanced appearance for months to come. If you have any questions or concerns, don't hesitate to reach out to your provider for guidance.