



Dermal Filler After-Care

Following your treatment, you may have some swelling, redness and bruising which should subside within a few hours after treatment. This can be covered safely with make-up. More extensive bruising is rare but can take 5 to 10 days to completely resolve. You may also experience a headache after treatment which can be treated with simple paracetamol.

- Stay in a vertical position for 4 hours following injection. DO NOT “rest your head” or lie down; sit upright.
- You may apply an ice or cold gel pack to the area(s) treated (avoiding pressure), as this helps reduce swelling and the potential for bruising.
- AVOID placing excessive pressure on the treated area(s) for the first few days; when cleansing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild headache, tenderness, or discomfort.
- AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- AVOID the use of isopropyl alcohol or products that contain alcohol in the treated area.
- AVOID consumption of alcohol for 48 hours.

If you experience an allergic reaction, indicated by feeling unwell, increased swelling, and/or redness around your face, please contact our clinical team at once. Additionally, if you are experiencing any change in function or appearance of your eye(s), this may be an adverse event that can be treated by the clinic.

Full benefits from treatment will be visible within 5 to 10 days, and you may be offered a follow-up appointment to assess your results.

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately.

Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.