

Post Dermal Filler Instructions

As with all dermal fillers, it is important to learn how to care for yourself after your treatment, and to handle possible side effects. Read on to learn what you can do to alleviate discomfort and get ready to show off the face you'll love!

What to Expect: People who receive a dermal filler treatment may experience irritation, but the majority of side effects that can occur are tolerable and manageable. It is important to note that hyaluronic acid dermal fillers are not permanent treatments.

The most common side effects are: bruising, redness, swelling, pain and tenderness.

Please let us know of any symptoms you may experience. Most side effects should go away in a few days, typically no more than a few weeks.

Steps to your Best Results: If you have any of the more common symptoms mentioned above, here are some steps you can take to minimize reactions and get comfort:

Apply a cool compress to injection side (gently, without firm pressure) for 5 minutes up to 4 times a day.

Reduce facial expressions / lip pursing for 48 hours.

Avoid sun exposure as long as bruising persists.

Avoid massaging the injection area.

Keep head elevated while sleeping.

Avoid vigorous exercise for 24 hours.

Stay hydrated.

What to Avoid: Before and immediately following treatment, there are actions you should avoid as they may cause side effects or symptoms. These include:

Rubbing or touching the treatment area.

Applying lipstick, makeup or other facial products (directly after treatment).

Avoid consuming alcohol prior to your procedure.

To decrease risk of bruising, avoid taking blood thinning medications one week prior to procedure, such as Advil, aspirin, Aleve, fish oil, vitamin E, St. John's wort, garlic supplement, ginkgo biloba, and ginseng.

Follow Up: Most patients see fullness diminish at the 10-14 month point. We would love to continue to be your dermal filler provider. Please give us a call to schedule your next appointment at 713-627-1200.

We love your feedback! Please contact the office at 713-627-1200 if you have questions, needs or feedback before or after your appointment!

If you have any reactions or urgent questions after hours, please call or text:

Tammy Wolf, RN on her cell @ 832.875.5505