

Post Treatment Patient Instructions for Dermal Filler Injections

- 1) After your treatment with dermal fillers, you might have some redness and swelling. This is normally less than seven days. Cold compresses or ice may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond ten days or if other reactions or side effects occur, please contact our office.
- 2) Avoid touching the treated area within four hours following the treatment. Do not massage the injection sites day of the injections. After that, the areas can be washed gently.
- 3) Sunbathing and cold outdoor activities should be avoided until redness or swelling disappears.
- 4) Avoid exercise and alcohol for six hours after treatment.
- 5) Take anti-inflammatory medication if you have any pain; this should be enough. You might develop a headache as a consequence of the injections.
- 6) You might see some bruising occurring one to two days after injections at any of the injection sites. These will eventually go away in several days.
- 7) If you have previously suffered from facial cold sores, there is a risk that the needle puncture in or around the lips could contribute to a reoccurrence.
- 8) We generally like for you to return for a post injection appointment fourteen to twenty-one days following the injection.