

Post-care Instructions for Dermal Filler

1. Avoid significant movement or massage of the treated area. Unless instructed by the provider.
2. ***For lip fillers, Lumpiness after lip filler is common, contact your provider for help massaging.
3. Common side effects after any dermal filler injections are swelling, bruising, unevenness, which will completely settle in full 2 weeks. You can schedule a follow-up appointment if needed at least 2 weeks after the treatment.
4. Avoid strenuous exercise for 24 hours.
5. Avoid extensive sun or heat for 72 hours.
6. Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
7. If you have swelling you may apply a cool compress for 15 minutes each hour.
8. Use Tylenol for discomfort. Avoid NSAIDs (ibuprofen, aspirin, etc) to minimize swelling and bruising.
9. Try to sleep face up and slightly elevated for the first 3-5 days to minimize swelling.