



Filler Post-Treatment Instructions

What you do after Filler and how you take care of your skin is very important. **Here are somethings you should and shouldn't do after getting Filler injections:**

Avoid significant movement or massaging the treated area. Unless instructed by the provider.

Avoid strenuous exercise for 24 hours.

Avoid extensive sun or heat for 72 hours, as this increases the heart rate and quickens blood-flow, which can prolong swelling.

Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.

If you have swelling you may apply a cool compress for 10 minutes each hour.

Use Tylenol for discomfort. Avoid Aspirin, Motrin and Advil until swelling subsides.

Try to sleep face up and slightly elevated if you experience swelling.

Avoid using hot water to wash your face for 7 days.

After filler is injected, you may be bruised, red or feel some swelling. If you get a bruise at injection site, Over The Counter topical Arnica Gel can help to reduce the bruises. These will all go down in time and you will feel the full effect of filler in about two weeks.