

## **Dermal Filler Aftercare Advice**

### **What to Expect After Treatment**

- You may experience redness, swelling, tenderness, or bruising at the injection site. These effects are normal and usually subside within a few days.
- Swelling may be more pronounced the following morning and typically settles over 3 to 5 days.
- Small lumps or asymmetry immediately after treatment are usually due to swelling and will resolve as the product settles.
- You may feel firmness in the treated area which will soften over time.
- Results are visible immediately but final outcomes can be assessed at 2 weeks.
- You may be invited to a review appointment around 2 to 3 weeks post treatment.
- Contact the clinic promptly if you have any concerns or unexpected side effects.

### **What to Do After Treatment**

- Apply a cold compress gently to the area to reduce swelling and avoid applying pressure.
- Stay upright and avoid lying flat for at least 4 hours post treatment.
- Stay hydrated and follow a healthy lifestyle to support healing.
- Continue your usual skincare routine unless advised otherwise.
- Sleep on your back with your head slightly elevated for the first few nights if possible.

### **What NOT to Do After Treatment**

- Do not touch, press, or massage the treated area unless instructed by your practitioner.
- Avoid alcohol and salty foods for 24 hours to reduce swelling risk.
- Avoid strenuous exercise, excessive heat, saunas, or steam rooms for at least 48 hours.
- Do not undergo facials, facial waxing, or aesthetic treatments on the area for 2 weeks.

- Avoid makeup for at least 12 hours post treatment to minimise infection risk.

### **What to Watch Out For**

- If you notice pale or dusky areas of skin, intense pain, or changes in vision seek emergency medical help immediately.
- If you develop a fever, chills, or increasing redness or swelling contact the clinic.
- Any persistent lumps or unevenness after 2 weeks should be reviewed by your practitioner.

### **Bruising Advice**

- Bruising is a common side effect and can last up to 10 days.
- Use arnica cream or take arnica tablets to help reduce bruising.
- Avoid blood thinning medication or supplements unless directed by your GP.