

Cosmetic Filler Aftercare

What to expect: It is normal to have some mild swelling, bruising, redness or tenderness after the procedure. This typically lasts 2-3days and continues to resolve over 1-2weeks.

Skin Care:

- Avoid touching your face, applying makeup, massage, or holding the phone to your face for 6 hours afterwards
- Gently cleansing with soap and water such as CeraVe/Cetaphil to injection areas daily
- Try to remain upright for 3-4hours afterwards
- Cool compress for 15mins, every few hours while awake for pain/swelling
- Tylenol every 4-6 hours as needed for pain
- Arnica is an optional treatment to take for the week after the procedure to help decrease bruising

Things to avoid:

- Strenuous exercise for 24-48 hours afterwards
- Limit alcohol, prolonged sun exposure, and heat for 24 hours to help reduce redness, bruising and swelling
- Dental procedures for 2 weeks
- Other cosmetic procedures such as micro-needling, laser or facials for at least 10 days
- ASA, NSAIDs, St John's Wort, and vitamin E can increase bruising at injection sites
- If your lips were treated, avoid heavy kissing for 3-5 days
- If your cheeks were treated, try to avoid sleeping on your side/face for the first few days