

## Aftercare Instructions for Dermal Fillers

### What to Expect:

- Swelling, bruising and some tenderness right after your treatment. You can apply ice to the injected areas for 10-15 minutes at a time but avoid applying too firm pressure.

### What to Avoid:

- Do not rub or massage injected areas unless instructed.
- Avoid heavy workouts, saunas, steam rooms, and hot yoga for 24-48 hours.
- Avoid dental cleaning or procedures for 2 weeks.
- No facials, microneedling, IPL treatments, or chemical peels for 2 weeks.
- Makeup may be applied once all injection sites are dry and closed, using clean applicators and minimal pressure.

### What's Normal:

- Swelling peaking at 24-72 hours.
- Treated areas may temporarily look uneven or lumpy – wait 3 weeks on results.
- Bruising can last 5-10 days (Arnica may help).

### When to Call Us:

- If you experience vision changes, severe pain, or skin color changes, call our office immediately or go to the nearest ER.