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Facial Plastics and Reconstruction

DERMAL FILLER POST-TREATMENT INSTRUCTIONS

Thank you for choosing our office for your filler treatment. Please review the following instructions to ensure optimal healing and results.

WHAT TO EXPECT

- Mild redness, swelling, tenderness, itching, or bruising is normal.
 - Swelling is often most noticeable during the first 24-72 hours.
- Lip filler patients may experience more swelling than other treatment areas.
 - Minor asymmetry during the healing process is common.
- Final results are typically assessed after swelling has resolved, approximately 2 weeks after treatment.

AFTER YOUR TREATMENT

For the first 24 hours:

- Avoid strenuous exercise.
- Avoid excessive alcohol consumption.
- Avoid touching, rubbing, or massaging the treated areas unless specifically instructed.
- Avoid facials, facial massage, microneedling, laser treatments, or chemical peels for 2 weeks

For the first 48 hours:

- Avoid excessive heat exposure such as saunas, steam rooms, hot tubs, and prolonged sun exposure.
 - Sleep with your head elevated if possible to minimize swelling.

SWELLING AND BRUISING

- Apply ice packs gently for 10-15 minutes at a time throughout the first day.
 - Arnica may be used to help reduce bruising.
 - Stay well hydrated.
- Temporary firmness or small lumps may occur and often soften as the filler integrates.

LIP FILLER PATIENTS

- Expect swelling for several days.
- Avoid excessive puckering, pressure, or manipulation of the lips.
 - Avoid drinking through a straw for 2 weeks

IMPORTANT WARNING SIGNS

Although rare, vascular compromise is a medical emergency.

Please contact our office immediately if you experience:

- Severe or worsening pain
- Skin turning pale, white, dusky, gray, or purple
 - Blistering of the skin
- Significant discoloration that does not improve
- Vision changes or sudden visual disturbances

FOLLOW-UP

- Results are best evaluated approximately 2 weeks after treatment.
- Additional filler, adjustments, or dissolving recommendations will be discussed at that time if needed.

Questions? Contact our office through Klara or call us directly.

www.jessesmithmd.com