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Dermal Fillers Post-Treatment Plans

Post treatment plan:

- Do not rub the injected area for the next 24 hours.
 - The dermal filler is stable but does not permanently “set” for 3-4 days and can be squeezed into the wrong shape
- The injected area is often swollen immediately post injection. We recommend resting and icing the area injected to bring down the swelling as fast as possible
- We recommend sleeping on 2-3 pillows that night to help reduce swelling quickly
- You may pat dry and pat wash the injected area
- No massages or facials near the face for 4 days
- No heavy exercise for 24 hours post injection
- Because of the skin’s structure, it is a bit like swiss cheese, the filler can give a nice smooth appearance yet feel slightly lumpy. It is ok to press down firmly on the lump but do not attempt to squeeze it. If you have any concerns please call us.

What typically happens?

- Initially there may be some small amount of swelling
- In the unlikely event a bruise develops this will heal in the time a bruise normally would about 1-2 weeks. Covering this with makeup is recommended
- Dermal filler duration of action
 - A dermal filler typically lasts around 9 months
 - The dermal filler is gradually reabsorbed by the body
 - At 6 months it is about 50% reabsorbed
 - At 8 months it is about 80% reabsorbed
- Most patients get their dermal fillers once or twice a year to maintain the natural smoothing effect and to help prevent static wrinkles forming

* This plan is not a substitute for medical advice. If you have any concerns about a treatment please contact us as soon as possible.