

Dermal Filler Aftercare

- After treatment there may be redness, swelling and tenderness, also an itchiness sensation in the treated area. This is a normal result of the product/injection – the inconvenience is temporary and generally disappears in a day or two.
- Apply an ice pack to the treated area; this will reduce the initial swelling. The use of oral or topical Arnica Montana may also help to reduce bruising and swelling.
- If you are having a lip treatment the initial swelling may last longer. This can last for 7-14 days and the lips may look somewhat uneven during this time. Therefore, the results directly after the treatment should not be seen as the final result.
- If you are having filler in the cheeks it is common for the area to feel tender and possibly harder than usual for a couple of weeks.
- Avoid touching the treated area within 6 hours following treatment. After that, light makeup may be applied and the area gently washed with soap and water. Should any small lumps appear, you may massage them after 2 weeks.
- Avoid make up for 6 hours after the treatment
- Avoid alcohol for 24 hours.
- For best results, stay well hydrated by drinking 2 litres of water a day – filler is hydrophilic, which means it attracts water.
- Until the initial swelling, bruising and redness have resolved, do not expose the treated area to intense heat e.g. solarium, sunbathing or extreme coldness. Avoid heavy exercise for 24 hours.
- If you have previously suffered from facial herpes, there is a risk that the injections could contribute to another eruption of herpes (cold sores etc.).
- If you are using aspirin or any similar medication, be aware that this may increase the risk of bruising or bleeding at the injection site.
- You may have another treatment of Filler 2 weeks after this one if required. Any additional products will be charged at the normal price per syringe.
- Dermal filler is absorbed by the skin over time. Most clients choose to be treated again within 6 months of the original treatment.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at @Aesthetice/JE and review your experience. Thank you.