Dermal Filler *Aftercare*

Caring for yourself after filler

Filler restores volume and definition for a natural-looking result. Some swelling is expected at first, and your final result settles over about 2 weeks.

What to *expect*

When	What is normal
First 24 to 48 hours	Swelling, redness, tenderness and possible bruising. Lips often swell most on day 2.
Days 2 to 7	Swelling and bruising fade. The area may feel slightly firm or uneven while it settles.
About 2 weeks	Filler has softened and integrated. This is your final result.
Bruising	Usually fades within 1 to 2 weeks.

The first 24 *hours*

Please do	Please avoid
• Apply a cold compress or wrapped ice pack for short periods to ease swelling. • Sleep with your head slightly raised the first night. • Keep the area clean. Makeup is okay after 12 hours if your provider agrees. • Tylenol may be used for discomfort if it is appropriate for you.	• Strenuous exercise. • Extensive sun or heat exposure, including saunas and hot tubs. • Alcohol. • Pressing, massaging or rubbing the area unless your provider showed you how. • Extreme heat or cold, UV lamps and tanning until redness and swelling are gone.

For the next 2 *weeks*

- Wait 2 weeks before facials, laser, microneedling or dental work, or tell those providers you recently had filler.
- Let us know before any vaccinations or illness that could cause facial swelling.
- Give it 2 weeks before judging your result. Your provider may schedule a follow-up.

Call us right away, any time, if you notice skin turning white, gray, blue or blotchy; pain that is severe or getting worse; or any change in vision. These can be signs of a blocked blood vessel and need immediate care. For vision changes, call 911 or go to the emergency room.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Swelling that keeps increasing after 48 hours
- Hard, painful or red lumps
- **Signs of infection:** warmth, pus or fever
- Cold sore outbreak near the treated area
- Any of the urgent warning signs listed above

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.