

POST-PROCEDURE RECOVERY GUIDE: DERMAL FILLERS

What to Expect After Your Treatment

Following your Dermal Filler Injection treatment, you may experience temporary swelling, redness, tenderness, bruising, firmness, or mild asymmetry at the injection sites. These effects are common and typically improve within several days to 2 weeks. Depending on the area treated, you may also feel fullness or pressure initially as the filler settles.

Post-Treatment Instructions

For the First 24 Hours

- Avoid touching, rubbing, or massaging the treated areas unless specifically instructed
- Avoid strenuous exercise
- Avoid excessive heat exposure including:
 - Saunas
 - Steam rooms
 - Hot tubs
 - Hot yoga
- Avoid alcohol consumption
- Minimize makeup application if possible

For The First 48 hours

- Sleep with your head elevated if swelling is present
- Avoid excessive facial pressure, including facial massages or tight-fitting goggles/headwear
- Continue avoiding intense exercise if significant swelling or bruising persists

Bruising & Swelling Care

Swelling and bruising are common after filler treatments and may temporarily make results appear uneven.

- To minimize swelling:
 - Apply a cool compress gently for 10–15 minutes at a time
 - Stay hydrated
 - Avoid salty foods and alcohol immediately after treatment
 - Arnica products may help reduce bruising
 - Swelling is often most noticeable the morning after treatment and gradually improves.

Common Side Effects

Temporary side effects may include:

- Swelling
- Bruising
- Redness
- Tenderness
- Firmness or lumpiness
- Mild itching
- Temporary asymmetry

Most symptoms improve significantly within 1–2 weeks.

Please contact our office if you experience:

- Severe or worsening pain
- Skin discoloration (white, gray, blue, or mottled appearance)
- Significant blanching of the skin
- Vision changes
- Increasing redness or warmth
- Signs of infection
- Any symptoms that concern you

Austin Cosmetic Medspa

THE ART AND SCIENCE OF AESTHETIC MEDICINE
BY CHRISTINE FISHER MD

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