

POLITIS

P L A S T I C S U R G E R Y

Post-Care Instructions: Hylenex Injection for Filler Dissolution

Thank you for choosing Politis Plastic Surgery for your aesthetic care. You have just received a Hylenex (hyaluronidase) injection to dissolve previously injected dermal filler. To help ensure optimal results and a smooth recovery, please follow these aftercare guidelines closely.

What to Expect

- **Swelling or bruising** at the injection site is normal and may last for a few days.
- **Tenderness or mild discomfort** is common and typically resolves quickly.
- Some patients notice **unevenness or irregular texture** temporarily as the filler dissolves.
- Full dissolution may take **24–72 hours**, but in some cases, more than one treatment is necessary.

Do's

- **Apply cold compresses** (e.g., a soft ice pack wrapped in a cloth) for 10–15 minutes at a time during the first 24 hours to reduce swelling.
- **Sleep with your head elevated** the first night to help minimize swelling.
- **Stay hydrated**—drink plenty of water to help flush the enzymes through your system.
- If needed, **take acetaminophen (Tylenol)** for minor discomfort (avoid NSAIDs like ibuprofen or aspirin unless advised).

Don'ts

- **Avoid touching, pressing, or massaging** the treated area unless specifically instructed by your provider.
- **Do not undergo any facial treatments** (such as facials, laser treatments, or microneedling) for at least 7–10 days post-injection.
- **Avoid excessive heat or sweating** for 48 hours (e.g., no saunas, steam rooms, or intense workouts).
- **Do not consume alcohol** for 24 hours as it can increase bruising.