

## **Dermal Filler Aftercare Instructions**

Thank you for choosing us for your Dermal Filler treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

### **What to Expect:**

- Mild swelling, redness, tenderness, or bruising at the injection site
- A feeling of firmness or “fullness” in the treated area, which will soften over time
- Small bumps or asymmetry may be present temporarily as the filler settles
- Final results are typically visible within 1–2 weeks

### **Immediately After Treatment:**

- Avoid touching, pressing, or massaging the treated areas
- Apply a cold compress (not ice) gently to reduce swelling and bruising
- Do not apply makeup for at least 6–8 hours
- Stay upright for at least 4 hours post-treatment — avoid lying flat

### **First 24 Hours:**

- Avoid strenuous exercise, alcohol, excessive sun or heat (e.g., saunas, hot yoga)
- Do not undergo facials, facial massage, or dental work
- Continue applying cold compresses intermittently for swelling
- Stay well hydrated and avoid salty foods to help minimize swelling

### **Ongoing Care (Days 2-14):**

- Swelling and bruising should gradually improve — arnica gel or tablets may help
- Sleep with your head elevated to reduce puffiness
- Avoid extended sun exposure or tanning beds
- Avoid strong exfoliants, retinols, or chemical peels in the treated area
- If lumps persist after 7–10 days, contact your provider for evaluation

### **When to Contact Us:**

# ShimChing MD

Asia Pacific Plastic Surgery Inc.

- Please reach out immediately if you experience:
- Severe pain, blanching (whiteness), or skin discoloration near the injection site
- Signs of infection (increased redness, heat, pus, or swelling)
- Any visual disturbances or dizziness
- Prolonged or worsening symptoms beyond 2 weeks

## **Additional Tips:**

- Results are not considered final until after the 2-week mark
- Avoid unnecessary manipulation of the face (including aggressive skincare)
- Use mineral-based SPF daily to protect the skin
- Schedule follow-up appointments as recommended to maintain results

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!