



Aftercare Instructions for Dermal Filler Treatment

It's important to follow these instructions to ensure optimal results and to reduce the risk of complications. Here's what you should do for the next 24-48 hours:

- **Call or text (347)988-8542 if you experience excessive pain, bruising, swelling, change in your skin color: red, bluish-purple or white spots (blenching)**
- **Expect Mild Side Effects:** It is normal to experience some redness, bruising, swelling, tenderness, or discomfort at the injection site. These symptoms should subside within a few days. If these persist for more than 48 hours, please let me know
- **Avoid Touching the Treated Area** for the first 6 hours after treatment. This can help prevent infection and unwanted movement of the filler.
- **Stay Upright:** for at least 4 hours post-treatment to avoid shifting of the filler.
- **Drink a lot of water to stay hydrated**
- **Cold Compresses:** To help minimize swelling, you may use a cold compress on the treated area for 15 minutes each hour for the first 24 hours
- **Do not use lipsticks or put any makeup on the affected areas.**
- **Avoid spicy food and hot drinks** (for lips fillers treatment)
- **Try to sleep on your back**
- **Avoid smoking for next 24 hours**
- **Avoid Alcohol:** Avoid alcohol for at least 24 hours post-treatment as it can increase the risk of bruising and swelling
- **Avoid air travel for next 48 hours**
- **Avoid Excessive Heat and Sun Exposure:** Avoid intense heat (sunbathing, saunas, hot tubs, hot yoga) and excessive sun exposure for at least 24-48 hours post-treatment. These can cause swelling and exacerbate bruising.
- **Avoid Strenuous Exercise:** Avoid strenuous exercise for at least 24 hours after treatment. This can help reduce swelling and bruising.
- **Avoid Facial Treatments:** Wait at least 1 week before undergoing any other facial treatments.

Follow-Up Appointment: Schedule a follow-up appointment in two weeks to ensure optimal results and address any concerns.

Ever After Aesthetics

Maintain Good Skincare Routine: Protect your skin from the sun and maintain a good skincare routine to prolong the effects of the dermal fillers.

Please remember that everyone's skin is different and individual results may vary. It is important to stay in touch with your healthcare provider and report any concerns immediately.