

Dermal Filler Pre & Post Care

Pre-Treatment Care

To ensure safe treatment and optimal results:

- You must be in good health with no active infections for 2–4 weeks prior
- Avoid dental work, cleanings, or vaccinations for 2–4 weeks before and after treatment
- Avoid alcohol, NSAIDs (ibuprofen, aspirin), fish oil, and supplements that increase bruising for 3–5 days prior, if medically appropriate
- Arrive with a clean, makeup-free face and hair pulled back

Post-Treatment Care

- Touch treated areas only with clean hands
- You may wash your face gently the same day
- Avoid makeup for 12 hours
- Avoid strenuous exercise for 24 hours
- Avoid excess heat (saunas, hot yoga, hot tubs) for 24 hours
- Avoid dental work or vaccinations for 2–4 weeks post-treatment

What to Expect

- Mild redness, swelling, tenderness, or itching for 1–2 days
- Lip swelling may last up to 1–2 weeks
- Bruising is common and may last 7–10 days
- You may feel lumps, firmness, or asymmetry initially—this is normal

| Filler typically takes 2–4 weeks to fully settle and integrate

| A follow-up appointment at 4–6 weeks is recommended to assess results and make any adjustments

When to Contact RN Esthetics (Important)

Please contact us immediately if you experience:

- Severe or worsening pain
- Skin blanching (whitening), dusky discoloration, or cool skin
- Unusual or worsening bruising

- Signs of infection:
 - Increasing redness
 - Warmth
 - Swelling
 - Drainage
 - Fever or chills

Comfort & Swelling Management

- Apply a cold compress (do not apply ice directly to skin) for 20 minutes every 4–6 hours during the first 24 hours
- Take Acetaminophen (Tylenol) 650–1000 mg every 6 hours as needed
- Antihistamines (Zyrtec or Claritin) may help reduce swelling
- Sleep with your head elevated the first night to minimize swelling

Pro Tips

- Avoid excessive pressure on treated areas (including facial massages or tight goggles) for 24 hours
- Consider Arnica tabs to help reduce bruising
- Final results are best evaluated at 4 weeks, not immediately after treatment
- It is not uncommon to need several sessions for optimal correction