

DERMAL FILLERS

PRE AND POST CARE

Dermal fillers are injectable treatments designed to restore volume, smooth out wrinkles, and enhance facial contours. Among the common areas treated with dermal fillers are the cheeks, lips, nasolabial folds, and jawline. These treatments work by injecting a gel-like substance, often hyaluronic acid, into specific face areas to provide a fuller, more youthful appearance.

Results from dermal fillers are visible almost immediately, with final effects shown as swelling subsides. The results of the filler can last from six months to over a year, depending on the type and area treated. To maintain your appearance, follow-up treatments may be recommended.

It is imperative to follow all pre- and post-care instructions in order to achieve the best possible results and minimize side effects. For further advice or if you encounter any problems, please contact our clinic.

Pre-Treatment Care

- **Avoid blood thinners:** Do not take aspirin, anti-inflammatory medications, supplements like fish oil, or vitamin E for at least one week prior to treatment.
- **No alcohol:** Make sure you avoid alcohol 24 hours before your appointment to minimize your risk of bruising.
- **Avoid sun exposure:** Don't get sunburned or tanning for at least a week before the treatment.
- **Stay hydrated:** Make sure your skin is properly hydrated before your appointment by drinking plenty of water.
- **Arrive with clean skin:** Before your appointment, ensure your face is free of makeup and other lotions or creams.

Post-Treatment Care

After your dermal filler treatment, it's essential to follow these guidelines to enhance your results and reduce any potential side effects:

- **Cold compresses:** Apply cold compresses to the treated areas for 10-15 minutes every few hours to minimize swelling and discomfort.
- **Avoid makeup:** Refrain from applying makeup or skincare products to the treated areas for at least 24 hours.
- **Keep the skin moisturized:** Use a gentle, non-irritating moisturizer to hydrate the skin and support the healing process.
- **Avoid strenuous activity:** To reduce swelling and bruising, refrain from exercising or engaging in strenuous activities for at least 48 hours after treatment.
- **Sleep elevated:** To help reduce swelling, sleep with your head elevated for the first few nights after the procedure.
- **Avoid alcohol and smoking:** Avoid consuming alcohol and smoking for 48 hours following treatment to promote optimal healing.
- **Limit sun exposure:** Make sure you stay out of direct sunlight for at least two weeks after treatment, and wear broad-spectrum sunscreen every day.
- **Do not massage or rub the treated area:** For at least 24-48 hours, avoid touching or massaging the areas where the fillers were injected.

If you have any questions or concerns about your pre- or post-treatment care, please don't hesitate to contact our clinic. We're here to help you achieve the best possible results from your dermal filler treatment.