

Element

Medical Aesthetics

DERMAL FILLER PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- **Avoid blood-thinning medications & supplements** — If medically safe to do so, avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, flaxseed oil, and St. John's Wort for at least 7 days before your appointment to minimize bruising.
- **Avoid alcohol** — Do not consume alcohol for at least 24–48 hours before your appointment, as it thins the blood and increases bruising risk.
- **No waxing or skin treatments** — Avoid waxing, laser treatments, chemical peels, microneedling, or any other facial treatments for at least 2 weeks before your filler appointment.
- **Arrive with a clean face** — Come with no makeup or skincare products on the day of your appointment.
- **Stay hydrated** — Drink plenty of water in the days leading up to your appointment — well-hydrated skin responds better to hyaluronic acid fillers.
- **Avoid dental procedures** — Schedule any dental work at least 2 weeks before or after your filler appointment to reduce infection risk.
- **Manage cold sores** — If you have a history of cold sores and are receiving lip filler, notify your provider in advance. An antiviral prescription may be recommended as a precaution.
- **Disclose full medical history** — Inform your provider of all medications, supplements, allergies, autoimmune conditions, previous filler treatments, or history of keloid scarring. Certain conditions may contraindicate treatment.
- **Avoid vigorous exercise the day before** — Strenuous exercise can increase circulation and bruising risk — take it easy the day before your appointment.

After Your Treatment — Post-Care Instructions

- **Expect swelling and bruising** — Swelling, tenderness, and bruising at injection sites are normal and typically peak within 24–72 hours before gradually subsiding over 1–2 weeks.
- **Apply a cold compress** — Use a clean cold compress or chilled gel pack (not ice directly on skin) for 5–10 minutes at a time in the first few hours to reduce swelling.
- **Keep your head elevated** — Sleep with your head elevated on an extra pillow for the first 1–2 nights to help minimize swelling.
- **Avoid touching or massaging the area** — Do not rub, press, or massage the treated area for at least 24–48 hours unless specifically instructed to do so by your provider.
- **Apply SPF daily** — Protect treated areas from UV exposure with SPF 30–50 every day.
- **Avoid strenuous exercise** — Skip intense workouts, heavy lifting, and cardio for 24–48 hours to minimize swelling and bruising.
- **Avoid heat exposure** — Avoid saunas, steam rooms, hot tubs, and prolonged sun exposure for at least 48 hours post-treatment.
- **Avoid alcohol** — Do not consume alcohol for at least 24–48 hours after treatment as it increases inflammation and bruising.
- **Skip makeup on injection sites** — Avoid applying makeup directly over injection sites for at least 24 hours to reduce infection risk.
- **Stay hydrated** — Drink extra water — hyaluronic acid fillers attract and bind water, so good hydration supports optimal results.

Seek immediate medical attention if you experience:

- Severe or worsening pain, especially if disproportionate to the treatment

- Skin that appears white, blue, or mottled (possible vascular compromise)
- Vision changes or eye pain
- Signs of infection: increasing redness, warmth, pus, or fever
- Nodules, lumps, or hardness that appear or worsen after 2 weeks
- Difficulty breathing or signs of an allergic reaction

Final results are typically visible once swelling fully resolves — usually within 2–4 weeks. Avoid judging your results too early. A follow-up appointment at 2 weeks is recommended to assess the outcome and make any touch-up adjustments if needed.