

Hyaluronic Acid Filler Aftercare Instructions for Patients

Expectations:

1. Bruising is common, and lasts 2-3 days usually, but can be present up to 10 days.
2. It is normal to feel some “firmness” in the treatment area the first few days, which will soon soften.

Directives:

1. Do not touch over the treatment areas for at least an hour and then be GENTLE.
2. Do not apply makeup over the treatment areas for at least an hour. When applying makeup or removing it, do so GENTLY, with minimal pressure.
3. Do not apply ice over the treatment area for at least a week. (Doing so can deform the product, can camouflage the pain of a vessel occlusion, and can worsen outcomes in the unlikely occurrence of a vessel occlusion.)
4. Avoid putting any moderate or severe pressure over the treatment area(s) for a week, as you can deform the product.
5. If placed in the lips, avoid sipping from a straw or pursing lips for a week
6. If placed in the face, avoid lying on those parts of the face. It is best to sleep with the head somewhat elevated, as on a couple pillows.
7. Realize that microneedling, radiofrequency, and laser procedures can reduce full effectiveness of the hyaluronic acid filler....so avoid them. If you wish to have them, complete those procedures one week (or more!) before the hyaluronic acid filler injections.
8. Avoid heat and sun exposure for 72 hours, as they can increase risk of cold sores/ herpes after injections, especially in lips.
9. Arnica Montana cream and pills can help resolve bruises faster.
10. Avoidance of foods, supplements, and medicines that act as natural blood thinners for 72 hours after injections can help resolve bruises faster and prevent new ones.