

## **Dermal Filler Injection Post - Treatment Guide**

- Avoid applying pressure or massaging the treated areas for 1 week and treatments such as massages, beauty / laser treatments & facials for 4 weeks as this may disperse the filler into undesired areas.
- Avoid lying down for 4 hours after treatment as this can cause pressure on the treated areas.
- Avoid extended exposure to sun, UV lights, heat or freezing temperatures for 2 weeks
- Do not do any exercise & avoid excessive alcohol intake for 2 days
- Redness may be present immediately & for several hours after treatment. Do NOT apply ice to treated areas unless advised by your consultant
- Avoid medications that can thin your blood (e.g. Nurofen, Aspirin, Anti-inflammatory drugs, Fish Oils etc) after treatment to reduce the chances of bruising. Paracetamol is okay to take if you require pain relief.
- Treat your skin gently for the next 2 days. Wash with a gentle cleanser and cool water using your hands only. Pat the areas dry. It is preferable not apply heavy makeup for 12 hours after your treatment. After 12 hours you can apply and wear makeup, however apply the makeup very gently for the next 2 days
- If you have had your lips treated do not drink or eat any hot liquids or food for at least 2 - 3 hours as your lips will be numb. Also do not smoke or suck (e.g. use a straw or exercise drink bottle) for 2 days as this may shift the filler in your lips.
- After treatment there will be moderate to severe swelling, some redness and possible bruising. These symptoms usually resolve in around 7 - 10 days.
- If you experience any of the following: severe bruising, prolonged swelling, infection, redness or fevers (feeling generally unwell) please contact us immediately.

**If you have any concerns please contact us immediately  
[rejuvecc@gmail.com](mailto:rejuvecc@gmail.com) or telephone 0411 110 818**