



Post-Dermal Filler Care Instructions

Thank you for trusting Peninsula Dermatology & Laser Clinic for your filler treatment. To ensure the best results and a smooth recovery, please carefully follow these post-treatment guidelines:

Immediate Aftercare (First 6 Hours):

- Avoid firm pressure: Refrain from pressing or massaging the treated areas unless instructed by your provider.
- Minimize facial movements: Try to limit excessive smiling, frowning, or other facial expressions immediately after treatment.
- Cold compresses: Apply a cool compress gently to reduce swelling and bruising 10-15 minutes every hour until bed

For the First 24–48 Hours:

- No make-up
- No strenuous exercise: Avoid heavy workouts, yoga, or any vigorous physical activities.
- Avoid alcohol as well as spicy and salty foods: These can worsen swelling and bruising.
- Skip facials and massages: Do not schedule facials, chemical peels, or facial massages during this time.
- Limit heat exposure: Avoid saunas, steam rooms, and hot showers that can increase swelling.

General Guidelines:

- Mild swelling, redness, tenderness, and bruising are normal and usually subside within 1–2 weeks.
- Lumps or firmness at injection sites are common and should soften over time.
- Results timeline: Fillers typically settle fully within 2 weeks.
- Touch-ups: We recommend reassessment 2–4 weeks after your treatment if needed.

When to Contact Us:

- Severe pain, significant swelling, or unusual bruising

SILVERDALE

3505 NW Anderson Hill Rd
Suite 201 · Silverdale, WA 98383

360-698-6859

GIG HARBOR

4700 Point Fosdick Dr
Suite 219 · Gig Harbor, WA 98335

253-851-7733

TACOMA

4707 South 19th Street
Suite 130 · Tacoma, WA 98405

253-752-2273



- Blanching (whitening) or discoloration of the skin
- Skin breakdown or ulcers
- Any other concerning symptoms

Thank you for choosing Peninsula Dermatology & Laser Clinic.
We are committed to helping you look and feel your best!

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