
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 bedtime.

First 24–48 Hours

- No makeup on treated areas.
- **No strenuous exercise:** Avoid heavy workouts, yoga, or vigorous physical activities.
- **Avoid alcohol and spicy or 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
- Blanching (whitening) or discoloration of the skin
- Skin breakdown or ulcers
- Any other concerning symptoms