



## 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 Office  
3505 NW Anderson Hill Rd  
Suite 201  
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360-698-6859

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4700 Point Fosdick Dr NW  
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**PENINSULA**  
**DERMATOLOGY**

*and laser clinic*  
*PLLC*

- 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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