

Filler – Aftercare

INSTRUCTIONS:

- Ice the treatment area(s) for 20 minutes at a time, three additional times on the day of treatment. Ice three times the following day. (this helps to minimize bruising and swelling)
- Sleep with an extra pillow for the two nights following treatment. (this helps to minimize swelling)
- Refrain from strenuous activity on the day of treatment. (this helps to minimize swelling)
- Refrain from any facial massage for three days following treatment. (sustained and/or strong pressure can sometimes affect the position of the filler)
- ***If instructed by Dr. Cabin, massage indicated area firmly*** three times per day, five minutes each time, with a thick, lubricating ointment (like Vaseline® or Aquafor®).
- ***If you've had injections and/or anesthetic placed around the mouth, be careful with any eating or drinking over the following three hours, as your mouth may be numb.***
- ***If you've had a liquid rhinoplasty (filler placed in the nose), refrain from wearing sunglasses for four hours***

EXPECTATIONS:

Fillers are generally well-tolerated, but there are some common short-term side effects to note:

- You may notice pin-sized, red dots in the areas of injection. These will resolve in the following 24 hours, or when you first wash your face.
- There can be swelling in the areas of injection, particularly in lip and undereye injections. This swelling can last up to a week, and can temporarily worsen with strenuous exercise, flying or salty meals. *****Please note: some unevenness or asymmetry can be caused by swelling, which will eventually resolve. Patients should wait at least one week after treatment to determine whether true asymmetry is present, at which point a touch up can be scheduled.***
- Because of the complexities of facial anatomy, there is always a risk of persistent unevenness or asymmetry. Unevenness can easily be fixed at a follow up visit.
- Due to small, hidden blood vessels beneath the skin, there is always the risk of bruising. If you develop a small bruise, you can expect it to resolve within three-to-five days. During this time, you can use make-up to disguise it. If the bruising persists after three days, you can use warm compresses on the area for 20 minutes per application to help with resolution.

**** IF YOU DEVELOP WORSENING PAIN, SKIN DISCOLORATION OR VISION CHANGES WITHIN THE FIRST 24 HOURS, PLEASE CONTACT THE OFFICE IMMEDIATELY. IF AFTER HOURS, PLEASE CONNECT TO THE EMERGENCY LINE. ****

If you have any additional questions, please feel free to reach out to the office.

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