



# WATERFRONT

PRIVATE HOSPITAL

## Dermal Filler Aftercare advice

Following your treatment today, you can expect some redness, discomfort, bruising and swelling around the areas injected. These are all very common following injection of dermal fillers and should resolve within the next few days. If you feel you need to take a painkiller, paracetamol is a good option.

If you have been advised to do so, you may apply cool pads to swollen areas.

Over the next **24 hours**:

- To reduce the risk of infection, avoid touching your face as much as possible and wash your hands regularly
- Avoid rubbing or massaging your face, as this could affect the results of your treatment
- Avoid applying make-up for at least 12 hours

Until the **swelling has resolved**, avoid exposing yourself to extremes of temperature, such as saunas and hot baths, and avoid vigorous exercise.

Over the next **2 weeks**, you should avoid other facial procedures, including facials, chemical peels, massage and laser treatments. You should also avoid routine dental treatment during this period.

**Contact us if:**

- You have any pain, worsening discomfort or swelling
- You notice any changes in the colour of your skin
- You notice any changes in your vision or discomfort around your eyes
- You are worried about anything relating to your treatment

