The Danebury Practice

DERMAL FILLER AFTERCARE GUIDANCE

IMMEDIATELY AFTER TREATMENT (FIRST 24 HOURS)

- Avoid touching, rubbing, or applying pressure to the treated area
- Do not apply makeup for **at least 12 hours**
- Avoid alcohol consumption
- Refrain from strenuous exercise or activities that significantly raise your heart rate
- Avoid excessive heat (saunas, steam rooms, hot baths, sunbeds)

FOR THE FIRST 48 HOURS

- Expect swelling, tenderness, and possible bruising — this is normal
- Apply a cold compress gently if advised by your practitioner
- Avoid sleeping directly on the treated area
- Avoid facial massages or treatments

FOR THE FIRST 2 WEEKS

- Do not massage or manipulate the treated area unless specifically instructed
- Avoid facials, laser treatments, microneedling, or electrical facial devices
- Avoid dental treatments where possible
- Avoid extreme temperatures and prolonged sun exposure

WHAT TO EXPECT

- Mild to moderate swelling is common and may last several days
- Bruising can occur and may take **up to 10–14 days** to fully resolve
- The filler may feel firm or uneven initially — this usually settles as swelling reduces
- Final results should be assessed once swelling has completely subsided

PAIN RELIEF

- Paracetamol may be taken if required
- Avoid aspirin or ibuprofen unless advised by your practitioner, as these may increase bruising

WHEN TO CONTACT THE CLINIC IMMEDIATELY

Please seek urgent medical advice or contact the clinic if you experience:

- Increasing pain, severe swelling, or worsening redness
- Skin discolouration (white, dusky, or blue areas)
- Blistering of the skin
- Visual disturbances or severe headache
- Any symptoms that feel unusual or concerning

REVIEW APPOINTMENT

A review appointment may be scheduled **2–4 weeks post-treatment**, depending on the area treated, to assess your results and ensure everything has settled as expected.