



Dermal Fillers - Post Treatment Instructions

- Avoid touching the treatment area for at least 6 hours following the procedure to avoid filler material migration. Do not massage the injection sites on the day of your treatment.
- Avoid exercise and alcohol consumption for at least 6 hours following the procedure.
- You may develop a post-treatment headache. This should be temporary and can be managed with over-the-counter headache relievers if needed.
- After 24 hours the treatment area can be gently washed.
- You may shower and apply make-up as normal the day following the procedure.
- Cold compresses may be used immediately after the procedure to reduce swelling and bruising. Remember to use light pressure to avoid filler material migration.
- Slight redness and swelling can be expected post-treatment near the injection sites. This should improve in about 7 days. Cold compresses as discussed above may help this improve sooner.
- Avoid sun exposure and extreme heat/cold until any redness or swelling is resolved.
- Most dermal fillers provide immediately visible results. Some clients develop more swelling than others so full results may not be visible for approximately 7 days when the swelling is resolved. Dermal filler results may last 6 - 12 months.
- NEED HELP? – We are here to help every step of the way! From 8:30 am - 4:30 pm, call any of our locations. In case of an emergency or if you need immediate, after hour, or help over the weekend. Please call (310) 847-9693 or email marketing@oceanskinandvein.com