

Post Dermal Fillers

WHAT YOU CAN EXPECT:

- **Redness, swelling, bruising and tenderness** are normal and usually resolve in a few days.
- **Lip Fillers** may cause more swelling and temporary unevenness for up to a week.
- Avoid **hot drinks** until number has worn off.
- If you have a history of **cold sores**, contact your provider for antiviral options.

TIPS TO MINIMIZE SIDE EFFECTS:

BEFORE TREATMENT

- Avoid alcohol, anti-inflammatories and blood thinning supplements.
- Take arnica supplements and/or pineapple enzymes.
- Antihistamines may reduce swelling in sensitive individuals.

AFTER TREATMENT

- Use **cold compresses** intermittently for swelling.
- Avoid **heat, sun exposure, sauna**, and **intense exercises** for 24 hours.
- Avoid pressing or massaging the treated area.
- Apply **Arnica cream** up to 3 times daily if bruising occurs.
- Avoid make up for 24 hours, then switch to a gentle skincare and SPF.
- Sleep with a **travel pillow** or on your back to avoid pressure on the area.
- Stay well **hydrated**.



BRIGHT & WELL

Post Dermal Fillers

MAINTAINING YOUR RESULTS

- **Sleep on your back** with proper neck support.
- Filler results are temporary but **stimulate collagen** for longer last effects over time.
- **Touch-ups** are typically done every 12 months for maintenance or enhanced results.
- **Consistency** helps you achieve the best aesthetic outcome.



BRIGHT & WELL