



Dermal Filler Injection: Pre & Post Care Guide

About the Treatment

Dermal fillers are smooth, gel-like substances carefully injected beneath the skin to restore volume and enhance natural facial contours. These minimally invasive treatments provide immediate, noticeable results with little to no downtime. Results typically last between 6 to 18 months, depending on the type of filler used and the treatment area. Treatments can be safely repeated as needed to maintain your desired look.

Before Your Treatment

- Avoid alcohol and blood-thinning medications/supplements (e.g. aspirin, ibuprofen, fish oil, or vitamin E) for 1-3 days unless approved by your provider to minimize the chance of bleeding and bruising at the injection site.
- Eat a nutritious meal and stay hydrated before your treatment to decrease your chance of lightheadedness.
- Avoid skincare products (lotions, oils, makeup) on the day of treatment.
- Discuss medical history, medications and allergies with your provider.
- If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

What to Expect During Treatment

- Treatments are scheduled for 15-30 minutes depending on the treatment area.
- To ensure your comfort, all injections are infused with lidocaine, a gentle anesthetic that helps minimize any discomfort during the procedure.
- Ice can be used for comfort.

After Your Treatment

- Results are often visible right away, though mild bruising, swelling, or slight unevenness may appear at first. These are normal and typically resolve as the filler settles over 1–2 weeks.
- Avoid direct heat and sweating (including hot showers, steam rooms, saunas, or strenuous exercise) for 48 hours after treatment.
- Do not touch, rub, or massage the treated area for 24-48 hours post treatment.
- You may gently apply makeup a few hours after treatment.
- To minimize the risk of bruising, avoid alcohol and blood-thinning medications or supplements (e.g. aspirin, ibuprofen, fish oil, or vitamin E) for 1-3 days post-treatment. Taking or applying topical Arnica may help reduce bruising.