

Dermal Fillers Post Care Instructions

How long will your dermal filler last? It depends on which filler was used and the location of treatment. Generally fillers last 6-12 months. However, in areas of high activity such as the mouth or if there is history of a higher metabolism, filler may not last quite as long.

- Immediately after treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Try to avoid massaging or picking around the injection site. These symptoms should resolve within a few days. If you have any symptoms that persist, be sure to call our office at 512-815-0123.
- Bruising is common and typically resolves in 7-14 days. Oral or topical Arnica Montana may help to reduce bruising.
- Feel free to take Tylenol, if needed, for any discomfort
- Try to avoid activities such as drinking alcohol or strenuous exercise for the first 24 hours as this could result in additional bruising
- Avoid intense heat in the treated area. You can apply ice packs to reduce swelling, if needed.
- Depending on the area treated and the filler used, you may feel “firmness” in the area treated. This will soften as the filler settles into the tissue, generally over a couple of weeks.
- Makeup and sunscreen can be applied.

There may be some degree of swelling immediately post treatment. However, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 512-815-0123. Signs of infection include:

- drainage
- increased warmth at or around the treated area
- fever of 101.5 or greater