

Hyaluronic Acid Dermal Filler Aftercare



In case of emergency or if you have any concerns following this treatment please contact us.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.



Hyaluronic Acid-Dermal Filler Aftercare

- Do not rub or touch the treated area immediately after treatment.
- Only massage if advised to do so by the practitioner.
- Drink plenty of water. The filler will absorb lots of water which helps it to plump and fill.
- Avoid sunbeds, saunas and steam rooms for at least 72 hours after treatment.
- Avoid direct sunlight and hot countries for 14 days following a procedure and wear an SPF to protect it if this cannot be avoided.
- Ice may be used to reduce swelling but only if absolutely necessary. If swelling is excessive, we would rather you consult your practitioner before doing so.
- Arnica or Aurioderm cream may be used to treat bruising. Please do not excessively rub these into the treated area - be gentle.
- Your practitioner has already manipulated/massaged any lumps during the treatment should there have been any. If you feel the odd lump or bump, this is generally just a small particle of filler that will naturally plump and swell as your body absorbs water. If this lump persists after 3-4 weeks, please make an appointment to return.
- If you have any concerns at all, please let us put your mind at rest and call the clinic on the numbers below.