

# Dermal Filler Aftercare

## GUIDELINES

Following your dermal filler treatment we recommend that you observe the following guidelines. Doing so can help to ensure that your treatment is successful and minimise the risk of unwanted side effects.

## AFTER YOUR TREATMENT

Avoid wearing makeup on the treated areas for a minimum of twelve hours

When cleansing or touching the face, please avoid rubbing or massaging the treated areas. Please gently pat the areas dry. Observe this advice for 48 hours post treatment.

Avoid overly touching the treated areas and ensure areas are kept clean to avoid infection.

Avoid using acids and vitamin a (retinoids) for 48 hours post treatment or until the skin surface is fully healed and redness is resolved.

Bruising is normal and expected with any injectable treatment however to reduce the risk, please avoid excessive alcohol intake or vigorous exercise for the first 48 hours after treatment and until all swelling and redness subsides. Where there is bruising we advise to limit alcohol intake and vigorous exercise until the bruising has subsided.

Do not expose the treated areas to extreme heat or extreme cold until any redness and or swelling has resolved completely. This includes saunas and sea swimming.

Avoid having a facial or other skin/beauty treatment including eyebrow tinting, waxing, blading for two weeks after treatment or as advised by your doctor.

If you are concerned about your treatment result or any potential side effect please contact the clinic so that we can advise and support you.

As discussed during your consultation, you may require more than one treatment to achieve the desired results. An opportunity for a review appointment will be given to you. We recommend that this occurs between 2-3 weeks post treatment. At this appointment we can plan any further treatment deemed necessary.

## WHAT TO EXPECT

Due to the anaesthetic in the gel, you may feel numbness or tingling immediately after the procedure. This can last up to 30-40 minutes.

Some mild tenderness or discomfort is expected. This should not be worsening over time.

You may experience some swelling which can increase slightly in the first 24 hours and then begins to subside. Swelling should be mild.

You may be able to feel the filler under the skin. This will integrate nicely over time. Any bumps should not be improving and not worsening day by day.

You may experience some bruising. A bruise can take up to two weeks to resolve.

## WARNING SIGNS

Pain that is worsening in the area treated and/or other areas in the face/mouth.

Any vision disturbance (changes to vision), new squint, new unexpected headache.

Any changes in sensation in the area treated and/or other areas of the face/mouth.

Any large or increasing swelling.

Any lace-like rash/mottling or skin changes in the area treated and/or other areas on the face/lips/mouth. This can indicate poor blood flow to the area. [View images.](#)

Any new pustules. [View images.](#)

Any breathing or swallowing difficulties, please seek medical assistance from your local A&E.

## CONTACT THE CLINIC

By email: [hello@oraskinclinic.ie](mailto:hello@oraskinclinic.ie)

By phone: 01-5383052 (Not monitored after hours. **Do not leave a voicemail**)

Out of Hours\*: Please email [emergency@oraskinclinic.ie](mailto:emergency@oraskinclinic.ie) and call 087-9605540

\*After 6pm weekdays and weekends