



Dermal Filler Aftercare

Volume restored. Confidence unlocked. Protect your glow. ✨

✓ DO:

- Apply cold compress (not direct ice) to reduce swelling ❄️
- Sleep with head slightly elevated the first night 🛏️
- Stay well hydrated 💧 — fillers love water!
- Use arnica gel or tablets to minimize bruising
- Wear SPF 30+ daily starting the next day ☀️

🚫 AVOID for 24-48 Hours:

- Touching, rubbing, or massaging treated areas 🙅
- Strenuous exercise 🏃, saunas, hot tubs, or heat
- Alcohol 🍷 and blood-thinning supplements
- Makeup on treated areas for at least 12 hours 💄
- Facials, peels, laser treatments, or microneedling
- Dental procedures within 2 weeks 🦷

📅 Day-by-Day Guide:

- 🗓️ Day 1-2: Swelling & bruising peak — totally normal!
- 🗓️ Day 3-5: Swelling begins to subside noticeably
- 🗓️ Week 2: Final shape starts to reveal itself
- 🗓️ Week 2-4: Full, beautiful results visible

⌚ What to Expect:

- Swelling & bruising peak at 24-72 hrs — totally normal 🗓️
- Final results visible in 2-4 weeks 🗓️
- Results last 6-18 months depending on area & product
- Lips may feel firm initially — this resolves naturally

✨ Maximize Your Results:

- 💧 Stay hydrated — hyaluronic acid fillers attract water
- 🌞 Always wear SPF to protect and extend your results
- 🛏️ Sleep on your back to avoid pressure on treated areas
- 📅 Schedule maintenance before filler fully dissolves

⚠️ Call Us If You Notice:

- 🚑 Skin blanching, severe pain, or vision changes — call immediately
- Hard lumps, asymmetry, or signs of infection after 72 hrs

💧 **Hydration tip:** Hyaluronic acid fillers work WITH your body's natural hydration. The more water you drink, the better your results look and last. Aim for 8+ glasses daily especially in the first week!

📞 (347) 514-9311

Questions? We're always here for you 💕

LovMedSpa
Defining Timeless Beauty