

Post-Treatment Clinical Guidelines: Dermal Fillers

Patient Aftercare & Safety Instructions

Dermal filler injections involve the precise placement of Hyaluronic Acid (HA) to restore volume and refine facial contours. To ensure optimal product integration and to minimize the risk of infection or migration, please adhere to the following clinical instructions.

I. Symptom Management & Recovery

It is normal to experience swelling, bruising, and tenderness. You may utilize the following to manage your recovery:

- **Pain Management:** For post-treatment soreness, use **Acetaminophen (Tylenol)**. Avoid NSAIDs such as Ibuprofen (Advil, Motrin) or Aspirin for the first 48 hours, as these can increase bruising and bleeding at the injection sites.
 - **Edema (Swelling) Control:** To help minimize significant swelling, especially in the lips or mid-face, you may take an over-the-counter antihistamine such as **Zyrtec or Claritin** once daily for 2–3 days.
 - **Bruising Support:** We recommend using **Arnica Montana** (topical gel or oral pellets) to accelerate the resolution of bruising. Oral **Bromelain** (pineapple enzyme) can also be effective in reducing inflammation.
 - **Cold Compress:** Apply a clean, cool compress for 10 minutes every hour during the first day. Do not apply ice directly to the skin.
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II. Infection Control & Makeup Protocol

To protect the integrity of the needle puncture sites and prevent the introduction of bacteria:

- **The 48-Hour Rule:** It is strongly recommended to **avoid applying makeup for the first 2 days**. The injection sites are micro-channels that must remain clean to fully close.
 - **Sanitization:** If you must apply coverage, you **must** thoroughly sanitize all makeup brushes and sponges with an anti-bacterial cleanser first. Using unsanitized applicators or fingertips poses a significant risk of infection.
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III. Critical Restrictions (First 24–48 Hours)

- **Mechanical Pressure:** Do not massage, rub, or apply firm pressure to the treated area. This prevents product migration.
 - **Heat & Circulation:** Avoid saunas, steam rooms, hot tubs, and strenuous exercise for 48 hours. Increased blood flow can exacerbate swelling.
 - **Alcohol:** Avoid alcohol consumption for at least 24 hours post-treatment.
 - **Sleep Position:** For the first 2 nights, sleep on your back with your head slightly elevated to assist with lymphatic drainage.
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IV. Clinical Red Flags: When to Call Immediately

While rare, vascular complications or infections require immediate medical intervention. Contact the clinic immediately if you experience:

1. **Severe or Increasing Pain:** Pain that feels "throbbing" or worsens significantly over time.
 2. **Skin Blanching or Discoloration:** A white, "mottled," or dusky/blue appearance to the skin that does not return to pink when pressed.
 3. **Pustules or Rash:** Small white bumps or an unusual rash appearing in the treated area.
 4. **Visual Changes:** Any blurred vision or loss of vision (Seek emergency ER care immediately).
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V. The Two-Week Rule

Dermal filler takes approximately **14 days** to fully hydrate and integrate into your tissue. Please allow this full window to pass before evaluating your final result. Follow-up assessments are typically scheduled after this two-week integration period.

Clinic Contact: 801-335-5243

After-Hours Emergency: Cassie 385-267-6749 or Victoria 801-530-9087