



LANCASTER SKIN CENTER

MEDICAL | SURGICAL | COSMETIC

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Post-Injectable Filler Instructions - What to Expect

- Sleep elevated for 2-3 days after your injection to help swelling resolve faster
- Under the eye (tear trough) filler injections WILL cause swelling which usually peaks at 2 days after the injection – use cool compresses/ice packs 20 minutes of each hour after your injections for 1-2 days to help minimize this
- Lip injections will swell (usually peaks 2-3 days after injection) – apply cool compresses/ice packs as much as possible after lip injections to control this swelling
- Bruising at the injection site(s) can occur immediately and up to 3 days after – Arnica cream and oral Arnica tablets before and/or after your injections can be helpful
- It takes time for the filler to settle out properly – please allow 2 weeks for the filler to completely settle prior to assessing the results too critically
- Filler injections done around the mouth are unique – you will feel a lumpy-bumpy sensation by the corners of your mouth and your smile may seem slightly different – this will improve as the filler settles out (may take up to 2 weeks)
- Slight pain at the injection site(s) is not uncommon – if you experience increasing pain in a region of your face (beyond where the injection was done), redness, or a strange appearance of the skin (if it looks “dusky” or bluish), you must immediately let your doctor know as this could signify a serious complication
- If there is an obvious irregularity after 2 weeks or if the filler looks uneven/lumpy-bumpy, ask your injector whether it is appropriate to perform gentle massages with your thumb
- If you have any doubts, questions or concerns about your filler injection, please reach out to us via Follow My Health portal, e-mail, phone, or make an appointment to see us. You have invested in your face and we are here to make sure that the process goes as smoothly as possible