

Derma filler Post Care

Thank you for choosing Venus Aesthetics for your derma filler treatment! Following these aftercare instructions will help minimize swelling and bruising while ensuring the best possible results.

Immediately After Your Treatment (First 24 Hours)

- Avoid touching, rubbing, or massaging the treated area unless specifically instructed by your provider.
- Apply a cool compress gently for 10–15 minutes at a time to help reduce swelling.
- Remain upright for at least 4 hours after your appointment.
- Stay well hydrated by drinking plenty of water.

For the First 24–48 Hours

- Avoid strenuous exercise or activities that increase your heart rate.
- Avoid alcohol, as it may increase bruising and swelling.
- Avoid excessive heat, including saunas, steam rooms, hot tubs, and prolonged sun exposure.
- Refrain from facials, facial massages, microneedling, laser treatments, and chemical peels.
- Sleep with your head elevated on an extra pillow the first night if possible.

What to Expect

- Mild swelling, tenderness, redness, bruising, and firmness are common.
- Swelling is typically most noticeable during the first 24–48 hours.
- Lips often experience more swelling than other treatment areas.
- Results are visible immediately, but your filler will continue to settle over the next 2 weeks.
- Minor asymmetry during the healing process is normal as swelling resolves.

Bruising & Swelling Tips

- Apply a cool compress as needed during the first 24 hours.
- Arnica gel or Arnica tablets may help reduce bruising.
- Avoid aspirin, ibuprofen, fish oil, and vitamin E for 24 hours if medically appropriate, as these may contribute to bruising. Never discontinue prescribed medications without consulting your healthcare provider.
- Makeup may be applied once the injection sites have fully closed, typically after several hours.

Important Reminders

- Do not schedule dental work or vaccinations for approximately 2 weeks before or after filler treatment unless discussed with your provider.
- Avoid unnecessary pressure on the treated area, including tight goggles, face-down massages, or prolonged pressure while sleeping.
- Be patient—your final results are best evaluated after 2 weeks.

When to Contact Us Immediately

Please contact Venus Aesthetics right away if you experience:

- Severe or worsening pain that is not improving
- Skin that becomes pale, white, gray, purple, or blotchy
- Increasing redness or warmth accompanied by fever
- Blisters or unusual skin changes
- Vision changes or loss of vision
- Significant swelling that worsens after several days
- Any symptoms that concern you

Follow-Up

A follow-up appointment is recommended 2 weeks after your treatment so your provider can evaluate your results and determine if any additional filler is needed.

Thank you for trusting Venus Aesthetics with your aesthetic journey. We look forward to helping you achieve beautiful, natural-looking results!