

Dermal Fillers – Before & Aftercare

Before Your Treatment

Avoid alcohol, caffeine, and anti-inflammatory medications (e.g., ibuprofen, aspirin) (Unless medically indicated).

And avoid using blood thinning supplements like fish oil, vitamin E, or garlic tablets for 3–5 days before treatment (Unless medically indicated).

Avoid laser treatments, chemical peels, or waxing in the area for at least 1 week before.

If you are prone to cold sores, start taking Aciclovir 5–7 days before treatment (as prescribed).

Arrive with clean, makeup-free skin.

Let your practitioner know if you are pregnant, breastfeeding, or have had recent vaccinations or dental work.

After Your Treatment

Redness, swelling, and bruising are common and typically resolve within a few days.

Avoid touching, massaging, or applying pressure to the treated area unless advised by your practitioner.

Do not apply makeup for at least 6–12 hours post-treatment.

Avoid alcohol, caffeine, and strenuous exercise for 24 hours.

Do not expose the area to intense heat (sunbeds, saunas, steam rooms) for 1 week.

Sleep on your back with your head elevated for the first 1–2 nights to minimise swelling.

Use arnica gel or tablets to help reduce bruising if needed.

When to Contact Us

If you experience intense pain, blanching (white or grey skin), or prolonged swelling.

If you have any signs of infection such as heat, pus, or fever.

Any concerns – no matter how small – please get in touch immediately.

Follow-Up

A review can be booked 2–3 weeks after your treatment if needed.

Dermal fillers typically last 6–18 months depending on the product and area treated.

Emergency Contact

If you experience any concerns outside of clinic hours, please contact: 07747 835321