

Your recovery is just as important as your treatment.

FILLER AFTER CARE

Post Care

- Apply a cold compress intermittently (10–15 minutes at a time) for the first several hours to reduce swelling and bruising
- Avoid touching, pressing, or massaging the treated area for 24–48 hours unless instructed otherwise
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Avoid alcohol for 24 hours
- Sleep with your head slightly elevated the first 1–2 nights, and avoid sleeping directly on the treated area the first night when practical
- Avoid dental work or other facial treatments for 2 weeks
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed; arnica may help with bruising

What to Expect

- Swelling, bruising, redness, and tenderness are common and generally resolve within several days to 2 weeks
- Swelling often peaks during the first 24–72 hours — especially in the lips — before gradually improving
- Firmness or small lumps may be felt initially and usually soften and settle over about 2 weeks
- Final results are typically seen at about 2 weeks once swelling resolves

CALL OUR OFFICE IMMEDIATELY

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Contact us right away if you experience any of the following:

- Blanching, whitening, gray, blue, or dusky discoloration of the skin
- Severe or increasing pain out of proportion to the procedure
- Any change in vision
- Spreading redness, warmth, pus, or fever

For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Questions or concerns? Please contact our office—we're happy to help.

Optimal healing leads to optimal results. Thank you for trusting Batniji Facial Plastic Surgery.