

HYALURONIDASE AFTER CARE

Filler Dissolving

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
- Acetaminophen may be used if needed; avoid NSAIDs if bruising is a concern unless otherwise directed; arnica may help with bruising
- Wait until swelling has fully settled before judging the result — often about 2 weeks for elective treatment
- If you choose to replace dissolved filler, this is a separate treatment typically performed after swelling has resolved and the final result can be accurately assessed (often about 2 weeks for elective treatment)

What to Expect

- Softening often begins within hours, but improvement may continue over several days; more than one treatment is sometimes needed for firmer or larger amounts of filler
- Swelling, redness, tenderness, and bruising are common at first — the lips and under-eye area tend to swell and bruise more
- The treated area may temporarily look flatter, softer, or more hollow than expected; this often improves as swelling resolves and your body's natural hyaluronic acid is replenished over time
- Some filler may remain after treatment, and more than one treatment may be needed; nearby filler you wished to keep can also be partly affected
- Temporary numbness or tingling near the treated area can occur
- If hyaluronidase was given as emergency treatment for a blocked blood vessel, your provider may ask you to return sooner or more than once for repeat evaluation and treatment

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:

- Hives, widespread itching, flushing, or swelling of the lips, tongue, face, or throat
- Trouble breathing, wheezing, throat or chest tightness, dizziness, or fainting
- Any change in vision — blurring, double vision, dark spots, loss of sight, or eye pain
- Signs of a stroke — weakness or numbness on one side, or trouble speaking
- Skin that turns white, dusky, mottled, or blue, or severe or worsening pain near a treated area
- Increasing 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.