

Dermal Filler Post-Treatment Instructions

Thank you for trusting us with your recent treatment. To ensure the best possible results and a smooth recovery, please follow these essential post-treatment care instructions:

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated, type of filler and your body's metabolism.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If the filler shifts, or if you do not like the filler's location, you may be able to massage and move it to the place you like.
- DO NOT massage, touch, or manipulate the injection site unless you are adjusting the filler. Avoid heavy exercise the day of your treatment.
- If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments. For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider or a member of the staff for product recommendations.
- **If you experience any of the following symptoms, contact our office immediately: dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills.** If you notice onset of any of these symptoms, call our office immediately at 808-501-1117

We hope your recent visit to Aloha Aesthetics has brought positive change to your life. If we've been able to make a difference for you, we want you to know that *you have the power to help us make a difference for even more people.*

Your honest feedback not only helps us improve, but it also allows us to reach others who could benefit from the care we provide. By sharing your experience, you're helping us enhance the lives of more patients.

- **Leave a Google Review:** [[Google Review Link](#)]
- **Check in on Yelp:** [[Yelp Check-in Link](#)]

Thank you for trusting us, and for being part of our mission to improve lives through exceptional care.

Warm regards,

Aloha Aesthetics MD