



Reston Dermatology +
COSMETIC CENTER

After Care Instructions

Dermal Fillers

Typical Recovery: Swelling or bruising may last 2-7 days. Most patients get back to their activities immediately following treatment.

Aftercare Instructions

- Immediately after treatment, the most common side effects are temporary redness, swelling, and bruising at the injection site. These effects typically resolve within two to three days. Cold compresses may be used immediately after treatment to reduce swelling. If these side effects continue beyond two or three days, or if other reactions occur, please contact us (703-766-2220).
- If you experience bruising, please call our office to schedule a quick laser treatment that will help the bruise heal more quickly, must be done within 24 hours of the bruise forming.
- Avoid touching the treated area for six hours following treatment. Then, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun lamp or sunbathing).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to your physician about medications that can minimize this chance.
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St John Wort, and high doses of vitamin E supplements for one week before and after treatment, after checking with the prescribing physician. These agents may increase bruising and bleeding at the injection site.
- Avoid exercise and alcohol for six hours after treatment. Please consult with your physician about recommendations for touch-up or follow-up treatments. The average effect lasts between 6-12 months.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.