

Post-Treatment Care for Dermal Filler Treatments

Post-Treatment Care for Dermal Fillers

(JUVÉDERM® & Restylane®)

Dermal fillers provide immediate enhancement in volume, contour, and smoothness. To support a comfortable recovery and ensure the best results, please follow the guidelines below.

IMMEDIATELY AFTER TREATMENT

- You may resume **normal daily activity** right away
- Avoid strenuous exercise, hot yoga, steam rooms, and saunas for **24–48 hours**
- Avoid alcohol and salty foods the day of treatment, as these can increase swelling
- Apply a **cool compress** (not ice directly on the skin) to reduce swelling or tenderness
- Avoid massaging or applying pressure to treated areas unless instructed by your provider
- Avoid tight hats, goggles, or anything that compresses the treatment area

MAKEUP & SKINCARE

- **Jane Iredale mineral cosmetics may be applied immediately** after treatment if desired
- All other makeup should be avoided for **4 hours**, and applied only with clean brushes and tools
- Avoid retinoids, AHAs/BHAs, exfoliants, and strong active skincare for **24–48 hours**
- Use gentle cleansing and moisturizing products to support skin recovery

WHAT TO EXPECT

- Swelling, firmness, tenderness, and mild asymmetry are common for **3–7 days**
- Bruising can occur and may take **10–14 days** to fully resolve
- Small lumps or firmness early on are normal as filler settles
- Results are immediate, but **full integration may take up to 4 weeks**
- You will receive a follow-up call or text the day after treatment
- A refinement appointment may be scheduled at **4 weeks** if needed

LONGEVITY

JUVÉDERM® and Restylane® fillers typically last:

- **6–12 months** in high-movement areas (lips, smile lines)
- **12–18 months** in structural areas (cheeks, chin, jawline)
- **Up to 24 months** for certain robust formulas and placement areas

Longevity varies based on product used, metabolism, area treated, and lifestyle.

IMPORTANT PRECAUTIONS

- Avoid dental procedures (cleanings, whitening, injections) for **2 weeks**
- Sleep on your back with your head elevated the first night if possible
- Avoid tanning beds, saunas, steam rooms, and intense heat for **48 hours**
- Avoid facial treatments (lasers, microneedling, peels, facials, dermaplaning) for **2 weeks**

WHEN TO SEEK IMMEDIATE HELP

Contact us **immediately** or seek emergency care if you experience:

- Vision changes (blurred vision, double vision, or sudden vision loss)
- Severe, escalating, or unusual pain
- Mottled, blotchy, or spreading discoloration
- White, gray, or cool skin patches
- Increasing redness, warmth, or drainage
- Chest pain or difficulty breathing

These symptoms are rare but require urgent evaluation.

Call: 269-354-2064

Email: info@alamarmedspa.com

We are here to support your comfort, safety, and beautiful