after care



ASTER AESTHETICS

dermal filler *post-care*

WHAT TO EXPECT

Swelling, tenderness, bruising, redness, firmness, or temporary asymmetry are normal. Swelling usually improves within 3-5 days; lips swell the most and can look uneven for up to two weeks. Small lumps may be felt for several weeks as the filler softens. Final results settle around 4-6 weeks, and longevity is typically 6-18 months depending on product and area.

AS NEEDED

Take Extra Strength Tylenol as directed for discomfort if it is safe for you. Do not combine it with other acetaminophen-containing medications. Avoid aspirin and NSAIDs such as ibuprofen for the first 24 hours unless they are prescribed to you — never stop a prescribed blood thinner on your own. Apply a clean, cool compress or ice for 10-15 minutes at a time without pressing. Ensure a barrier between ice and skin, especially while numb.

FIRST 48 HOURS

- **Avoid firm pressure or unnecessary touching** of the treated areas, and wash your hands first.
- **Wait 24 hours** before wearing makeup over the injection sites, and keep the skin clean.
- Avoid alcohol, strenuous exercise, excessive heat, saunas, steam rooms, and hot yoga.
- Avoid facials and facial massages.
- Sleep with your head slightly elevated the first night, and ensure a clean pillow case before bed the night of treatment.
- Ensure your provider is aware if you have a history of cold sores, take perscribed prophylactic antiviral treatment if indicated

DURING HEALING

- Sleep face-up and **limit pressure** on the treated areas for at least **72 hours.**
- **Do not massage** the filler unless your provider specifically instructs you to.
- Avoid facials, peels, lasers, and microneedling for two weeks.
- **Avoid elective dental work and vaccines for two weeks before and after treatment.**
- Protect the area from prolonged sun, tanning beds, and extreme cold until redness and swelling resolve, and wear SPF daily.
- Stay hydrated and reduce salt to aid in minimizing swelling as the filler settles.
- **Allow 4-6 weeks before assessing your final result.** If any questions or concerns are present at this time, ensure to schedule a follow up with your provider.

REACH OUT WITH ANY CONCERN

Most of what you feel in the first two weeks is ordinary healing. If something does not feel right to you, call or text us — there is no question too small, and we would much rather hear from you early.

- Call us right away for pain that is increasing or severe, pale, blancing, or mottled skin, spreading redness, warmth, discharge, fever, or any change in your vision. If you cannot reach us, seek medical care. New lumps, firmness, or swelling that shows up weeks or months later — often after an illness, a vaccine, or dental work. This is well recognized and very treatable, so let us take a look. A cold sore developing after lip or perioral treatment. Anything that simply worries you, including how your result is settling. Checking in is never a bother.