



What precautions should I take following Dermal Filler injection?

Avoid heavy exercise or bending over for 24 hours and do not rub or massage the injected area. Avoid sun or heat exposure for at least 48 hours, including sunbeds as this can lead to acute swelling which will make the filler settle lumpy. Avoid alcohol for 24 hours. Use an ice pack regularly on swelling. Antihistamines can be used to minimise swelling and Arnica can be used for bruising. If you have had chin, cheek or jawline injections, you must NOT touch your face for an hour after receiving injections to allow the cannula sites to close over. Injections to bone level carry a higher risk of infection if contaminated.

The final effects of superficial dermal fillers are normally seen after 2 weeks, once all areas have settled. Bone depth fillers can take up to two months to settle completely. You are invited to come in for review in person after 2 weeks if you have any concerns and it is convenient for you to do so. Any other concerns or queries can be raised with me at any time



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DERMAL FILLER AFTERCARE



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What are Dermal Fillers?

Dermal fillers are injectable fillers which temporarily improve volume loss in the face. Hyaluronic acids are the commonest, safest and currently the best way of dermal filling



Where are Dermal Fillers normally used?

Areas where age related volume loss tends to be more noticeable. Dermal injections are most common to fill superficial facial lines whereas bone level injections of more robust filler is used to lift and sculpt the face. Often a combination for the two is used.



Complications?

Rarely, as the filler absorbs fluid and swells it can compress a blood vessel. If you notice any blanching (pale discolouration of the skin due to reduced blood supply) or significant dark bruising and swelling, please get in touch asap. This needs to be dealt with quickly and can sometimes require the filler to be removed. In extremely rare cases, delayed visual disturbance/loss can occur. This is a medical emergency and should be treated as such. Rarely, filler can leave a bluish tinge to the skin over the injection point. This is more common in areas where the skin is thinner like the eyes. This is normally easily covered with make up.

How long does the effect of Dermal Fillers last?

This varies greatly. They can last from 6-18 months and will depend on what treatment you have had. Bone depth fillers last longer than dermal layer fillers.

What are the side effects of Dermal Fillers?

Pain, bleeding or tenderness at the injection site and slight bruising is possible and normal. The chin and jaw area are particularly susceptible to bruising. This is normal due to the amount of capillaries in the area. Bruising normally resolves in around 10-14 days. Swelling over the first 48 hours is common, especially in the lower face and should be treated with an ice pack. Your face WILL feel lumpy and strange for around 1 week until the filler softens. This is normal and no cause for panic! It can take up to a month for the filler to soften and settle into the final result. Infection is always a risk with dermal injections, particularly at bone depth, but uncommon. Long term complications are rare.

