



Post-Care Instructions: Cheek Filler

Immediate Aftercare (First 24-48 Hours):

- **Avoid touching, rubbing, or massaging the treated area:** This can displace the filler and increase swelling.
- **Refrain from strenuous activities:** Intense exercise can increase blood flow to the face, potentially causing swelling and bruising.
- **Minimize heat exposure:** Avoid saunas, hot showers, and direct sunlight, as heat can exacerbate swelling.
- **Stay hydrated:** Drinking plenty of water helps with the healing process and can help the filler settle.
- **Sleep with your head elevated:** This can help reduce swelling.
- **Avoid alcohol and blood-thinning medications:** These can increase the risk of bruising.
- **Avoid makeup:** Refrain from applying makeup for at least 24 hours, or as advised by your provider.
- **Consider using cold compresses:** Apply ice packs for 15 minutes every hour to reduce swelling.

General Aftercare (Following the First 24-48 Hours):

- **Continue to avoid strenuous activities and heat exposure:** For a few days after the initial period, continue to minimize activities that could increase blood flow or heat to the face.
- **Use a gentle cleanser and moisturizer:** Avoid harsh skincare products or exfoliants.
- **Protect your skin from the sun:** Apply sunscreen with at least SPF 30, even on cloudy days.
- **Follow your provider's specific instructions:** They may have additional recommendations for aftercare based on your individual needs and the type of filler used.
- **Be mindful of any unusual symptoms:** If you experience excessive swelling, pain, or other concerning symptoms, contact your provider immediately.