

Date: [Insert Date]

Patient Name: [Insert Patient Name]

Treatment Area: [Insert Treatment Area]

Dermal Filler Post-Treatment Discharge Instructions

Dear [Patient Name],

Thank you for choosing us for your dermal filler treatment. Please follow these recovery guidelines to ensure the best results and minimize side effects.

1. What to Expect

- **Swelling and Redness:** Mild swelling, redness, and tenderness are normal and usually subside within 2 to 7 days.
- **Bruising:** Some bruising at the injection site is common. This typically fades within 1 to 2 weeks.
- **Lumps:** You may feel small firm areas. These usually soften as the product integrates with your tissue over the next 14 days.

2. Immediate Aftercare (First 24-48 Hours)

- Do not touch, rub, or massage the treated area unless specifically instructed.
- Avoid strenuous exercise and excessive heat (saunas, steam rooms, or direct sun).
- Keep your head elevated while sleeping for the first night.
- Apply a cool compress gently to the area to reduce swelling (10 minutes on, 10 minutes off).
- Avoid alcohol and blood-thinning medications (like Aspirin or Ibuprofen) unless prescribed by a doctor.

3. Long-term Care

- Avoid facial massages or dental work for at least 2 weeks.
- Use a high-SPF sunscreen to protect the treated area.
- Final results are usually visible 14 days after the procedure.

4. When to Contact Us Immediately

Please call us at [Insert Phone Number] or seek medical attention if you experience:

- Severe or increasing pain.
- Skin that feels cold to the touch or looks pale/white/mottled.
- Blisters or skin sloughing at the injection site.
- Signs of infection (fever, discharge, or spreading redness).
- Changes in vision or sudden severe headache.

Follow-up Appointment: [Insert Date/Time or "As Needed"]

Sincerely,

[Practitioner Name]

[Clinic Name]