

Filler Aftercare Instructions

Following your injection, if you have any questions please call our office at (850) 476-7100.

Filler generally does not involve any downtime. Below is a list of recommendations that may help to improve your experience.

- Do not massage or rub the treated areas for 24 hours.
- Avoid exercise and strenuous activity for the rest of the day.
- If it is convenient, you may apply ice or cold compress to the treated areas intermittently for the rest of the day as this will help to limit bruising.
- Avoid blood thinners like aspirin and ibuprofen for 48 hours.
- Enjoy your treatment, be beautiful, and have a wonderful day.

