

COMFORT & SETTLING

Facial Filler

Your injector may adjust these instructions for your filler and placement. Follow your personalized treatment plan.

Follow your provider's personal instructions if they differ from this guide.

01 PROTECT THE AREA

- Avoid rubbing or massaging tender areas unless instructed. Do not reshape filler yourself. Use a cloth-wrapped cool pack briefly if recommended; avoid pressure or direct ice.
- Ask when makeup is safe; avoid open injection points. Check before facials, peels or laser treatments.

02 THE FIRST 24 HOURS

- Minimize strenuous exercise and avoid extensive sun, heat and alcohol for 24 hours.
- Swelling may peak over 24-48 hours; bruising and tenderness can last longer. Ask about pain relief; do not stop prescribed medicines yourself.

03 PLAN YOUR REVIEW

- Allow around 2 weeks for assessment; settling varies by product and area.
- Report persistent lumps, new swelling after improvement or symmetry concerns. Do not wait for routine review if symptoms worsen.

WHEN TO GET HELP

Call 911 for new vision changes, stroke symptoms such as facial weakness or trouble speaking, or breathing difficulty.

Call 801-281-3223 immediately for unusual or increasing pain or pale, blue or mottled skin. These can signal impaired blood flow. If unreachable promptly, go to the emergency department.

Contact us promptly for spreading redness, warmth, fever, drainage or an open sore.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072