

Precautions after Fillers

General Guidelines (First Week After Procedure)

Please avoid the following for one week after your procedure:

- Alcohol consumption
- Smoking
- Sauna or extreme heat exposure
- Meridian massage
- Excessive facial expressions
- Intense physical exercise
- Skin exfoliation

Pain, bruising, and swelling will gradually improve with time and usually subside within 3–10 days. If symptoms worsen or become concerning, please contact the clinic immediately.

Fillers

- Bruising and tenderness at the injection site may occur from the day of treatment.
- Any discomfort or foreign body sensation should gradually improve within 2–4 weeks.
- If pain or swelling worsens, please contact us.

Post-Healing Care

- Once the wound is fully healed, focus on skin regeneration and moisturizing care.
- Continued sun protection is essential to prevent pigmentation.



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