



مركز كايلا للتجميل الطبي
Kayla Medical & Aesthetic Centre

Dermal Filler Treatment – After Care Instructions

Kayla Medical Center

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Why After Care Is Important

Proper after-care following dermal filler treatment helps minimize swelling and bruising, ensures even results, and supports safe healing.

First 24 Hours – Important Instructions

- Mild swelling, redness, or bruising is normal after treatment.
- Do not massage, press, or touch the treated area unless advised.
- Avoid makeup on treated areas for at least 24 hours.
- Avoid strenuous exercise and excessive facial movements.
- Apply cold compress gently if recommended by your doctor.

What to Avoid for 48–72 Hours

- Avoid alcohol and smoking if possible.
- Avoid sauna, steam, swimming, and hot baths.
- Avoid facial treatments, massages, or laser procedures.
- Avoid direct sun exposure and tanning.

Skin Care & Medications

- Take only medications prescribed by your doctor.
- Avoid blood-thinning medications unless advised.
- Keep the area clean and well moisturized.
- Apply sunscreen (SPF 40 or higher) when outdoors.

Normal Side Effects

- Swelling, bruising, or mild tenderness at injection sites.
- Temporary asymmetry or firmness may occur.
- Minor lumps may be felt initially and usually settle naturally.

Results & Follow-Up

- Immediate improvement may be visible after treatment.
- Final results settle within 1–2 weeks.
- Follow-up appointment may be advised if required.

Patient Signature: _____

Date: _____



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