



Fillers Aftercare Instructions

Post-operative timeline and instructions for fillers

For the First 24 Hours:

- Avoid significant movement or massage of treated areas. The filler will settle adequately if this is done.
- Avoid extensive sun or heat exposure to avoid increasing swelling and redness.
- Avoid consuming excess alcohol or salts, as this can increase swelling.
- Use cool compresses if any bruising or swelling occurs.
- Avoid facials, laser treatments, chemical peels, microdermabrasion, or other skin procedures after filler.

For the First Week:

- Some tenderness, swelling, firmness, and lumps may occur but should resolve.
- Massage gently and evenly to help distribute the filler evenly and diminish bumps.
- Avoid exercise or strenuous activity for 24 hours. After that, resume light activity slowly.
- Avoid dental procedures if injections are done around the mouth.
- Wait 2 weeks for other filler or sculpting treatments. Wait 4 weeks for Botox or Dysport after filler.
- Makeup can be applied gently, but avoid rubbing or massaging the area.

•**Weeks 5-6:** You will have much less swelling and soreness in your ears. You can resume your regular diet and exercise routine. You should still avoid any contact sports or activities that may injure your ears.

Weeks 6-8: You will have almost complete recovery from your ear surgery. Your swelling and bruising will be mostly gone. Your ears will be healed and stable.

Complete healing may take up to 3 months or longer, depending on your condition and the type and extent of your surgery. It is essential to follow your surgeon' s instructions and advice and to report any problems or complications, such as infection, bleeding, or nerve damage.

Longer Term Care:

- Results can last 6-18 months, depending on the area and type of filler used. Schedule maintenance appointments accordingly.
- Avoid anti-inflammatory drugs, aspirin, alcohol, vitamin E, ginkgo biloba, or other blood-thinning substances at least 3 days before and after. They can increase bruising and swelling risks.
- Always consult your provider before any laser, chemical peels, microdermabrasion, or other facial procedures after receiving filler.

Contact your provider immediately if you develop significant swelling, tenderness, redness, lumpiness, or other reactions. Proper aftercare is essential for best results and safety. Let your provider know if you have any concerns.



If you have any questions or concerns, please contact Iranhealth. We are available to assist you.

For patients, please call our office between 8:30 and 5:00 if you need to speak with your doctor or nurse.

If you need immediate medical care outside of office hours, call the 24-hour emergency hotline at [number].

Please do not hesitate to contact us with any questions, no matter how minor they may seem. We want you to understand your care and feel comfortable reaching out.

Contact Information:

24-Hour Emergency Hotline: +989030549050

General Inquiries: Info@iranhealthagency.com

Office Hours: 8:30 am - 5:00 pm Weekdays

Website: www.iranhealthagency.com

Address: Ayatollah Kashani, RozetCenter, Tehran, Iran

We are here to provide excellent care and are happy to answer your questions anytime. Please call, email, or visit our website if we can assist you.



International Care, Local Comfort

Get in touch:

