



Cosmetic Plastic  
Surgery Institute

## Filler Postop Instructions

- 1. Dressing:** No dressings are required following Filler treatment
- 2. Position:** Try to sleep on your back the first night following Filler treatment so that you avoid compressing the facial areas injected with the filler of your choice. Similarly, avoid pressing over the areas treated with Filler. Compression of any sort, will result in the filler material migrating from the area injected, and consequently, compromising your contour depression.
- 3. Activity:** You may return to routine daily activity or your job immediately following Filler treatment. However, you must avoid exercising for 36 hours. This is because exercise will increase the blood flow to the facial region which may then draw the Filler out and into circulation; this will result in less effective filling of the targeted wrinkle. Do not get a facial for one week following filler injection. Finally, you want to avoid expressing yourself in a way which compresses the wrinkle line filled resulting in pushing out of the material.
- 4. Driving:** You may drive immediately following Filler treatments.
- 5. Ice Packs:** Icing is not recommended as this will result in unnecessary compression of the areas treated and pushing out of the filler.
- 6. Exposure to sunlight:** You may expose yourself to sun light immediately following filler treatment.
- 7. Final Appearance:** You will notice drastic improvement in facial wrinkles and divots immediately. Please note that you may have minimal swelling present for approximately 24 to 48 hours following filler injection, depending on the filler material used.
- 8. Postoperative follow-up:** In general, you do not need to follow up with your doctor following filler treatment. You should expect to return to your doctor for repeat treatments every 6 to 9 months depending on the filler used.

Pt. Name: \_\_\_\_\_

Pt. Signature: \_\_\_\_\_

Date: \_\_\_\_\_