



TREATMENT INSTRUCTIONS

Dermal Fillers

Pre- & Post-Treatment Instructions

Thank you for choosing Dr. Aharonov for your filler treatment — including the delicate areas of the upper eyelids, brows, and temples, in which he specializes. This guide covers everything you need before your appointment, how to care for the treated areas afterward, what is normal as you heal, and the warning signs to watch for. Please read it fully before your treatment day.

01 BEFORE YOUR TREATMENT

Before Your Treatment

- For at least 7 days before your treatment, do not take aspirin, ibuprofen, NSAIDs, fish oil, or large doses of vitamin E — they increase the risk of bruising.
- If you take any blood-thinning medication, please let us know. Never stop or adjust a prescription blood thinner without your prescribing doctor's clearance.
- If you have a history of cold sores and are having injections around the mouth, please let us know — we may want you to start an antiviral beforehand.
- You may start taking Arnica Montana 2 days before your treatment, if you like.
- Plan to start bromelain right after your treatment.
- Please schedule dental work (including cleanings) and vaccinations at least 2 weeks before or after your filler appointment.
- Avoid drinking alcohol for 24 hours before treatment, and avoid excess salt.
- Pause retinoids and strong active skincare (retinol, tretinoin, glycolic or salicylic acids) 2 to 3 days before treatment.
- If you have a big event coming up, schedule your treatment at least 2 weeks beforehand so any swelling or bruising has time to resolve.

02 TREATMENT DAY

The Day of Treatment

- Avoid wearing makeup if possible — or be ready to remove it in the office.
- Eat normally and drink plenty of water.
- Please tell us if you are feeling ill, have an active cold sore or skin infection, or have had a recent vaccination or dental procedure.

03 RIGHT AFTER

The First 24 Hours

- Ice the treated areas 10 to 15 minutes at a time, with a clean cloth between the ice and your skin. Use light pressure — heavy pressure can displace the filler.
- Do not touch, rub, press, or massage the treated areas.
- Avoid strenuous exercise for 24 to 48 hours.
- Avoid alcohol for 24 to 48 hours.
- Avoid saunas, hot tubs, hot yoga, and excessive heat or sun exposure.
- Do not apply makeup for 24 hours; afterward, apply it gently.
- Sleep on your back with your head elevated the night after treatment.
- Take it easy, and drink plenty of water.

04 YOUR RECOVERY

What to Expect

Swelling and bruising are normal after filler and vary by area. Do not judge your result for 2 weeks — it takes that long for swelling to resolve and the filler to settle.

GENERAL

- Bruising, if it happens, typically fades within 7 to 10 days.
- You may feel small lumps under the skin for weeks — what matters is that you cannot see them.
- For soreness, take Tylenol (acetaminophen) — avoid NSAIDs such as ibuprofen or Advil, which can worsen bruising.

LIPS

- Lips tend to swell more than other areas and can look uneven or lumpy for 3 to 14 days — this is normal.
- Avoid drinking through a straw for 2 weeks.

UNDER THE EYES

- Expect a large amount of swelling for the first few days — especially the morning after. Apply ice to the treated area upon waking.

UPPER EYELIDS

- Filler in the upper eyelids needs 2 to 3 weeks to settle — swelling, firmness, and asymmetry during this time are normal.
- A touch-up is sometimes needed to perfect the result; we will assess this together at your follow-up.

BROWS AND TEMPLES

- Mild swelling and tenderness for the first few days are normal.

05 THE NEXT TWO WEEKS

The First Two Weeks

- The filler remains malleable for about 2 weeks — avoid pressing on it, sleeping face-down on the treated areas, or massaging any lumps unless we specifically tell you to.
- No facials, lasers, chemical peels, or waxing for 2 weeks after treatment.
- You may resume retinoids and active skincare 24 hours after treatment.
- Do not restart aspirin or other blood thinners until we tell you it is safe — and never adjust a prescription blood thinner without your prescribing doctor's guidance.

06 WARNING SIGNS

Contact us immediately if you experience any of the following:

- Skin that turns white, gray, or dusky near the treated area.
- Severe or worsening pain in or near the treated area.
- A net-like, mottled pattern on the skin, or blistering.
- Increasing redness, warmth, swelling, fever, or pus — signs of infection.
- Any change in your vision.

Call our office immediately at 310.276.1126 — day or night — if you notice any of the above. If you have any change in vision, call 911 first.

07 WEEKS TO MONTHS LATER

Delayed Reactions

In uncommon cases, new swelling, redness, or lumps can appear weeks or months after treatment — sometimes following an illness, a vaccination, or dental work. These delayed reactions are usually treatable, but we need to see you promptly. Please call the office if anything changes at a previously treated area.

08 STAYING IN TOUCH

Follow-Up & Touch-Ups

- We will see you for a follow-up once swelling has resolved and the filler has settled — usually 2 weeks, or 2 to 3 weeks for upper eyelid filler. That is the right time to assess the result together and plan any touch-ups.
- Keep a record of your treatments: the product used, the areas treated, and the date.

Questions at any point — before or after your treatment — are always welcome. Please do not hesitate to contact us.