

SAGE & VINE

AESTHETICS

Filler-Specific Post-Treatment Instructions

1. **Avoid Touching or Massaging** - Do not massage or apply pressure unless instructed by your provider.
 2. **Cold Compress** - Apply gentle cold compresses to reduce swelling or bruising as needed.
 3. **Swelling & Bruising** - Mild swelling, redness, or bruising is normal and may last 3–7 days (lips may take longer).
 4. **No Makeup for 12 Hours** - Avoid applying makeup on or near the injection sites to reduce infection risk.
 5. **Avoid Heat, Alcohol, and Exercise** - Refrain from saunas, alcohol, or intense workouts for 24–48 hours post-injection.
 6. **Lumpiness** - Small bumps may form temporarily; contact your provider if they persist longer than 2 weeks.
 7. **Dental Work** - Avoid dental appointments for 2 weeks after filler treatment.
 8. **Sleeping** - Avoid sleeping face-down or applying pressure on the treated area for the first 2 nights.
 9. **Results Timeline** - Fillers provide immediate volume, but swelling may obscure final results. Full settling occurs in 2 weeks.
-

When to Contact Your Provider Immediately

- Severe pain, blanching or discoloration near the injection site

SAGE & VINE

AESTHETICS

- Blurred vision
- Signs of infection: increased redness, warmth, pus, or fever
- Lumps, nodules, or hard areas that persist or worsen