DR AFSHIN YOUSEFPOUR
Chirurgie Plastic du Visage
Chirurgie Maxillo-Faciale

Aftercare following a hyaluronic acid filler injection

These instructions help you recover well after your session and recognise the rare signs that call for a quick response. They complement the personalised advice Dr Yousefpour gives you at the practice.

What is normal in the first few days

- Redness, swelling and mild tenderness for 24 to 72 hours.
- Bruising at the injection points, more common on the lips and around the eyes.
- A slightly firm area or small irregularities to the touch, which soften within a few days.
- More marked swelling of the lips, often the next morning.

After the session, step by step

When	What to do
The first few hours	Apply cold compresses wrapped in a cloth, without pressing and without ice directly on the skin. Do not touch the treated areas.
The first night	Preferably sleep on your back with your head slightly raised, to limit swelling.
For 24 hours	Avoid alcohol, which increases bruising and swelling. For pain, take paracetamol rather than aspirin or ibuprofen.
For 24 to 48 hours	Avoid regular make-up. Cleanse your face with gentle movements, without rubbing.
For 48 hours	Do not massage the treated areas unless Dr Yousefpour has asked you to. Avoid prolonged pressure (heavy glasses, masks, sleeping face down).
For 2 to 3 days	Avoid intense exercise, sauna, steam room, very hot baths or showers, extreme cold and direct sun or UV exposure. Afterwards, protect the area with SPF 30 or higher sunscreen.
For 2 weeks	No other facial treatment on the injected areas (laser, peel, facial, radiofrequency). For Morpheus8, the interval is usually 3 to 4 weeks.
After 10 to 15 days	The result has settled. A review at the practice allows a small touch-up if needed.

Contact Dr Yousefpour in the following days if

- redness, warmth, swelling or pain increase rather than decrease after 48 hours;
- you have a fever or discharge from an injection point;
- a cold sore appears on or around the treated area;
- an asymmetry or a lump worries you once the swelling has gone.

In the following weeks and months

- Rarely, swelling or a small lump can appear weeks or months after the injection, for example after an infection (flu), dental treatment or a vaccination. Contact Dr Yousefpour: these reactions can be treated.
- When possible, leave about two weeks between the injection and dental treatment or a vaccination. Never delay urgent dental care or a recommended vaccination: simply tell your dentist or doctor that you have had hyaluronic acid filler.
- In case of overcorrection, asymmetry or intolerance, hyaluronic acid can be dissolved in a targeted way with hyaluronidase, after medical assessment.

If another session is planned

- For the 48 hours beforehand, avoid excessive alcohol and intense sun exposure.
- Tell Dr Yousefpour about your medicines and supplements. Aspirin, anti-inflammatories and some supplements (omega-3, vitamin E, ginkgo) increase bruising. Never stop a prescribed anticoagulant or antiplatelet medicine without the agreement of the doctor who prescribed it.
- Mention any history of cold sores (herpes labialis): preventive treatment may be needed before a lip injection.
- Preferably come without make-up on the areas to be treated.
- Before an important event, book the session at least two weeks in advance.

Emergency signs: do not wait

Vascular complications are exceptional, but they need treatment as quickly as possible. They usually appear during the session or in the hours that follow, sometimes later.

- Severe, unusual or throbbing pain, out of proportion to ordinary tenderness.
- Skin that turns white, pale or mottled, purplish or greyish, or feels cold.
- Any change in vision: blurred vision, reduced vision, double vision or eye pain.
- Small blisters or scabs appearing on the area in the following days.

If you have any change in vision or suspect a vascular complication, call 112 or go to the emergency department without waiting for a reply from Dr Yousefpour on WhatsApp, then let him know as soon as possible.

These instructions are general information. The personalised advice Dr Yousefpour gives you at the practice always takes precedence. For non-urgent questions, message Dr Yousefpour on WhatsApp.

Contact

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In an emergency: 112
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