# RENEW Aesthetics & Wellbeing

## Hyaluronic Acid Dermal Filler – Aftercare & Risks

Please keep this for your records. Contact us if you have any concerns.

### What to expect

* Redness, swelling and tenderness for 24–72 hours (lips can swell for up to 5 days).
* Small lumps or asymmetry may appear as swelling settles.
* Bruising is common and can take up to 10 days to fade.

### Do

* Use cold packs gently (10 minutes on/off) in the first 24 hours.
* Sleep with head slightly elevated on the first night.
* Use paracetamol for discomfort if needed.
* Keep the area clean; you may wear light makeup after 24 hours if skin is intact.

### Avoid

* Intense exercise, alcohol, saunas/steam rooms for 24 hours.
* Facials, dental work or high‑pressure treatments over the area for 2 weeks.

### When to contact us urgently

* Severe increasing pain, pale/grey or dusky skin, mottling (livedo), or cool skin – possible vascular occlusion.
* Any sudden vision change, severe headache, dizziness, or nausea after treatment around nose, frown, or forehead: call 999.
* Signs of infection (worsening redness, heat, pus, fever).

### Risks & how common they are

* Bruising, swelling, redness, tenderness: common; settle in days.
* Delayed swelling or nodules: uncommon.
* Vascular occlusion: rare (~0.01%–0.05% per treatment).
* Skin necrosis: very rare when treated early.
* Vision loss: extremely rare; most reported cases with injections to nose/glabella.

Rates based on cohort studies and ACE Group World data; true risk depends on area and technique.

### References (selected)

* Schelke L et al. Incidence of Vascular Obstruction After Filler Injections. Aesthet Surg J Open Forum. 2020.
* Beleznay K et al. Update on Avoiding/Treating Blindness From Fillers. Aesthet Surg J. 2019.
* ACE Group World. Management of Vascular Occlusion v2.5.