

' FILLER AFTERCARE

FOR THE FIRST 24 HOURS - *DOs*

- Apply a cool compress (wrapped in a clean cloth) to reduce swelling or discomfort.
- Sleep with your head elevated to help minimize swelling.
- Stay hydrated and eat light, anti-inflammatory foods if possible.

FOR THE FIRST 24 HOURS - *DON'Ts*

- Rub, press, or massage the treated areas.
- Lie flat for long periods right after treatment.
- Engage in strenuous exercise or activities that cause sweating.
- Drink alcohol or take blood-thinning medications (like aspirin or ibuprofen).
- Wear makeup or apply skincare products directly over the injection sites for at least 6 hours.

IN THE FIRST FEW DAYS - *DOs*

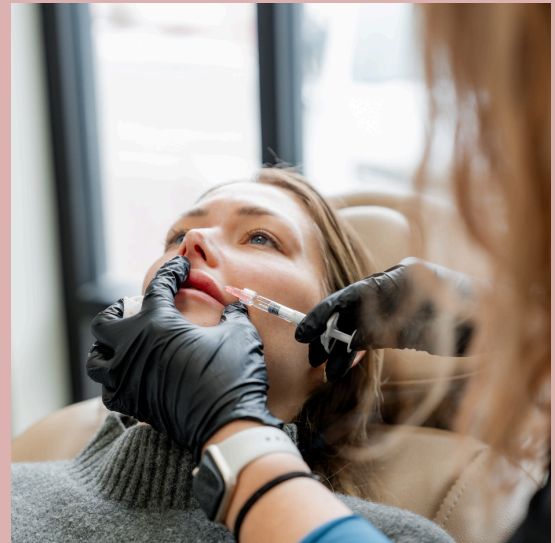
- Continue to avoid intense workouts for 24–48 hours.
- Use gentle skincare and always apply SPF 30+ when going outside.
- Contact us if you experience any unusual symptoms or have concerns.

IN THE FIRST FEW DAYS - *DON'Ts*

- Get facials, chemical peels, or laser treatments for at least 2 weeks.
- Schedule dental work for 2 weeks post-treatment, as pressure near the mouth can shift product.
- Undergo any dental procedures for at least 2 weeks after treatment.

Mild swelling, bruising, or tenderness is normal and should subside within a few days. You may see immediate improvement, but final results typically settle in within 1–2 weeks.

Results can last anywhere from 6 to 18 months, depending on the area treated and type of filler used.



FULL-FACE REJUVENATION



BEFORE



AFTER

BENWAY BEAUTY