

02 / HYALURONIC ACID FILLERS — ALL FACIAL REGIONS

Hyaluronic acid fillers are injectable medical devices used for selected indications such as restoration or redistribution of soft-tissue volume, contour refinement and improvement of selected lines and facial proportions. Because vascular anatomy and tissue planes vary considerably between regions, product, depth and technique are individualized.

- Inform the physician about previous fillers or complications, herpes labialis, allergies, inflammatory or autoimmune disease, dental procedures and all medication or supplement use.
- For lip or perioral treatment, report recurrent herpes labialis before treatment; antiviral prophylaxis may be considered when medically appropriate.
- Do not stop anticoagulant or antiplatelet medication without medical advice. Inform us about planned dental or surgical procedures.
- After treatment do not massage, squeeze, knead or otherwise manipulate the area unless specifically instructed. If cooling is recommended, use a clean cool compress; never apply ice directly.
- For approximately 24–48 hours avoid strenuous exercise, sauna, steam rooms and substantial heat.
- Swelling, tenderness, bruising and temporary asymmetry are common during early healing; the immediate appearance is not the final result.
- Lips/perioral: avoid strong pressure and very hot food or drinks until sensation normalizes. Cheeks/midface: avoid prolonged pressure and aggressive massage. Nasolabial/marionette areas: avoid deep massage. Chin/jawline: avoid pressure from tight straps or devices. Temples, nose, forehead and tear-trough/infraorbital area require particularly strict individual instructions.
- Severe or increasing pain, pale/white/grey or mottled skin, unusual skin coolness, rapidly increasing swelling, blistering or any new visual disturbance require immediate medical assessment because they may indicate a vascular complication.

DISCLAIMER: These protocols are provided for general information only. Every treatment and aftercare recommendation is individual. Always follow the specific instructions given personally by your treating doctor. This information is not a substitute for an individual medical consultation or medical advice.