



# Haru Clinic

## Precautions After Fillers

It's common to experience some swelling and bruising following your Filler procedure. Please follow these precaution instructions for your best recovery:

1. Doctor will prescribe 7 days of medicines. Please take prescribed medicines for 4 days after the initial procedure, 3 days after the second retouch. Retouching is recommended within 2-3 weeks and should be done within 4 weeks at the latest.
2. Please wait 4 hours post-procedure before applying light makeup or cleansing your face.
3. To avoid bruising the treated area, please don't touch it, and apply a cold compress immediately if needed.
4. Please take the prescribed medication.(mandatory)
5. Please avoid long baths, saunas, and steam rooms for 1-2 weeks.
6. If the filler causes the skin surface to become uneven, we can adjust it back to a smoother appearance during a follow-up visit.
7. Please don't rub or push the treated area excessively to let the filler settle.
8. After a nose filler, please avoid wearing glasses or sunglasses for a week. After lip procedures, refrain from actions like licking your lips.
9. To prevent uneven filler, getting Botox in the corresponding muscles is recommended (forehead and glabella area botox for forehead fillers, nose bridge and glabellar area botox for the nose fillers, and masseter Botox for the chin fillers).

\*Despite medication, inflammation can occur in about 1 in 1000 cases. If the treated area becomes more painful or changes color (white or red) compared to the day before, please visit the clinic. (symptoms may include pain, color change to red or white, or the appearance of white, pimple-like bumps)

\*In extremely rare cases (1 in 10,000), anaphylaxis (acute allergic respiratory distress) can occur after filler treatments. Immediate medical attention can improve this condition.

See you  
at your next  
visits at Haru



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