Post-Treatment Instructions for Fillers, Skin Boosters, and Collagen Boosters

Please follow the instructions below carefully after your treatment to support proper healing, reduce the risk of side effects, and help maintain your results.

1. Filler

Fillers are used to create immediate volume and improve facial contours.

- **Results and Recovery:** You may experience swelling immediately after treatment. It usually **takes about 2 weeks** for the filler to settle into the tissue and for the treated area to appear closer to the intended shape.
- **Medication:** Please take any prescribed medication regularly and exactly as directed to help prevent inflammation after treatment.
- **Avoid Pressure or Massage:** To prevent the filler from spreading or changing shape, avoid pressing firmly, rubbing, or massaging the treated area. Facial massages, including strong lymphatic or contour massages, should be avoided for at least 2 weeks after treatment.
- **Common Symptoms:** Bruising may occur after treatment, but it usually fades naturally within 7–10 days.

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2. Skin Booster / Collagen Booster

Skin boosters and collagen boosters are treatments designed to improve the skin condition or stimulate your body's natural collagen production to enhance skin elasticity.

- **Temporary Bumps or Embossing:** Small raised bumps or an "embossed" appearance may appear immediately after treatment due to the injected product. Depending on your skin condition, this usually absorbs naturally within a few days.

When to Expect Results

- **Skin booster:** You may notice improved skin texture and hydration within a few days after treatment.
- **Collagen booster:** Collagen boosters do not create immediate volume in the same way as fillers. Instead, they stimulate your body's natural collagen production, so improvements in elasticity and volume appear gradually over 6–8 weeks.

General Restrictions and Emergency Guidelines

- **Activities to Avoid:** For 1 week after treatment, please **avoid alcohol, smoking, saunas, hot baths, Korean bathhouses/jjimjilbangs, and strenuous exercise,** as these may increase the risk of inflammation.
- **Makeup and Face Washing:** Light face washing and makeup may be resumed a few hours after treatment on the same day. However, avoid rubbing or applying strong pressure to the treated area.

Please contact the clinic right away if you experience:

- The skin around the treated area **turning pale, white, or developing bluish discoloration**
- Sudden severe swelling with **intense pain** or heat that is difficult to tolerate
- **Blisters, yellow discharge, or pus** around the treated area

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