

Dr. Murat Toktamışođlu

KAL ESTETİK KLİNİK

WHAT TO EXPECT

Dermal Filler Guide

A safety-focused patient guide for preparation, injection day, and recovery

20 pages | English



Dr. Murat Toktamışođlu

Medical Aesthetics | drmurattoktamisoglu.com

MEDICAL INFORMATION NOTE

Discuss facial balance, not just volume

Dermal filler treatment is used to discuss volume, contour, and structural support. A safer plan depends on anatomy, product selection, slow and measured injection, warning-sign education, and follow-up.

Medical information note

This PDF is a general patient education guide. It does not replace a personal diagnosis, treatment plan, medication advice, or urgent medical direction. Suitability depends on an in-person assessment, skin analysis, medical history, medications, allergies, pregnancy or breastfeeding status, and expectations.

How to use this guide

- Mark the questions you want to discuss before your appointment.
- List medications, supplements, allergies, and previous procedures.
- Read the before, during, and after pages as separate checkpoints.
- For unexpected symptoms, contact the clinic or urgent medical care instead of relying on this PDF.

At a Glance

This guide frames filler decisions around facial proportion, product safety, and awareness of vascular complications.

Before

Previous fillers, product names, dental work, cold sores, infection, medications, and allergies are reviewed.

During

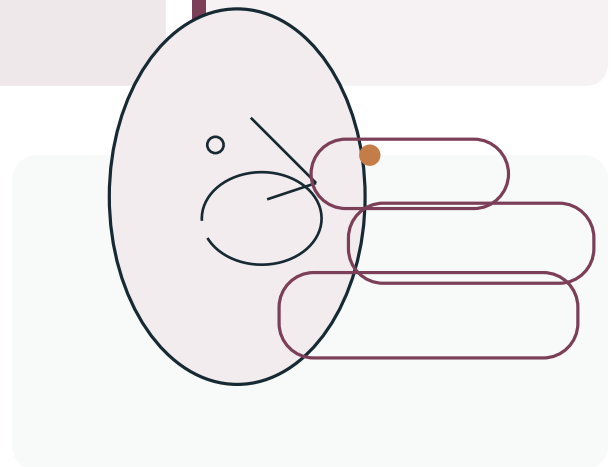
The area is cleansed; needle or cannula choice, product amount, and injection depth are based on anatomy.

After

Swelling and bruising can occur. Severe pain, blanching, dusky color, cool skin, or vision symptoms are urgent.

Core idea

The key safety issue in filler treatment is recognizing possible blood-vessel compromise early.



Suitability conversation

This page helps separate a well-timed treatment conversation from a plan that needs more review first.

Suitability conversation

- Discussing structural or age-related volume loss in a measured way.
- Assessing balance in the lips, cheeks, chin, folds, or under-eye area.
- Choosing a staged plan instead of a large single-session change.
- Asking about product type, expected behavior, and reversibility when relevant.
- Tracking symmetry, swelling, and natural expression with photos.

Pause or review first

- There is an active cold sore, skin infection, dental infection, or open skin.
- Recent dental work, vaccination, infection, or another injection affects timing.
- Previous filler product, date, or complication history is unknown.
- Autoimmune disease, allergies, bleeding tendency, or immune suppression requires review.
- You will not be reachable for urgent assessment after treatment.

Before: Preparation Map

Personal instructions are confirmed during assessment. This framework helps you prepare for the appointment in an organized way.

2 weeks before

- Note previous filler product names, dates, and issues.
- Tell the clinician about medicines or supplements that may increase bruising.
- Share dental work or infection plans.

1 week before

- If you get cold sores, ask whether prevention is needed.
- Reference photos can help, but an exact copy is not realistic.
- Discuss timing around vaccines, lasers, peels, and other injections.

24 hours before

- Avoiding alcohol and intense exercise may help reduce bruising risk.
- Do not plan pressure massage, sauna, or a long flight immediately after treatment.
- Leave time before events where swelling would be a problem.

Printable checklist

Designed to print and bring to your appointment. Medication and skin-care instructions must be personalized by your clinician.

- I wrote down previous filler dates and product names.
- I noted allergies, cold sores, dental work, infection, and immune conditions.
- I listed blood thinners, pain relievers, and supplements.
- I wrote which area bothers me and how much change I expect.
- I will ask about product name, source, regulatory status, and reversal options.
- I will ask about vascular warning signs and urgent contact.
- I left time in my calendar for swelling and bruising.
- I will plan follow-up and photo review.
- I am open to a staged approach rather than a large change.
-

My notes

Procedure day flow

Facial proportion, asymmetry, skin quality, and previous fillers are assessed.

Product type, amount, and injection depth are selected for the area.

The skin is prepared with antiseptic; numbing may be topical or in the product.

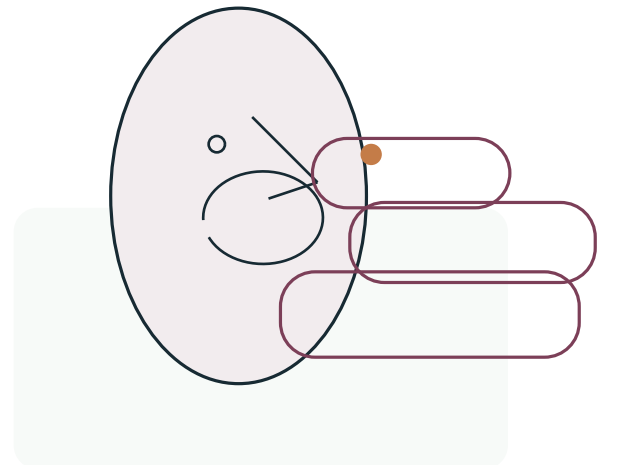
Needle or cannula choice is based on anatomy and the safety plan.

Injection is slow and controlled while pain, color, and circulation are monitored.

Symmetry, swelling, and urgent warning signs are reviewed before you leave.

Appointment rhythm

Final assessment should wait until swelling settles.



What It May Feel Like

Knowing what to report during the procedure is as important as knowing what sensations are common. Individual pain threshold and treatment area matter.

During

- Pressure, fullness, brief pinching, or stinging may occur.
- Lips and areas around the nose can feel more sensitive.
- Early swelling means the immediate look is not the final result.
- Sudden severe pain, blanching, dusky color, cool skin, or vision symptoms are not routine.
- Do not use uncontrolled massage or self-treatment unless instructed.

Say it immediately

Speak up immediately about sharp, escalating, or focal pain; burning; vision symptoms; dizziness; breathing or swallowing difficulty; or any unusual sensation.

After: First 24 Hours

The first day is about keeping the treatment area calm and recognizing unusual symptoms early.

01

Avoid unnecessary pressure or massage on the treated area.

02

Follow instructions for cooling or non-medication care.

03

Avoid heat, intense exercise, alcohol, and face-down pressure.

04

Monitor swelling day by day and report rapid one-sided worsening.

05

For lip filler, ask about hot drinks, firm contact, and makeup timing.

06

Severe pain, color change, or vision symptoms need urgent assessment.

Recovery and Result Window

0-24 hours

Swelling, tenderness, redness, and bruising can occur; pain and color monitoring are important.

2-7 days

Swelling settles; temporary asymmetry can occur in mobile areas such as lips.

2-4 weeks

Results are calmer to review; follow-up and small adjustments may be discussed.

Months

Longevity varies by product, area, metabolism, and movement.

Long term

Repeat plans should preserve natural facial proportion.

Expected or Needs Review?

Expected

- Mild to moderate swelling
- Bruising, redness, or tenderness
- Temporary early asymmetry
- Fullness or tightness in the lips
- Small injection marks

Prompt care

- Sudden severe pain
- Blanching, dusky color, cool skin, or net-like color change
- Vision change or eye pain
- Rapidly increasing one-sided swelling
- Fever, pus, increasing redness, or a firm painful nodule

Status

If unsure, take a photo, note the time, and use the clinic contact channel.

Safety Questions

A safe process is not only about a product or device; it also depends on patient selection, documentation, sterile setup, follow-up, and a complication plan.

- I shared medications, supplements, allergies, and previous procedures.
- I disclosed pregnancy, breastfeeding, active infection, cold sores, or a new skin reaction.
- I asked for the product or device name, source, and why it is suitable for me.
- I asked about sterile setup, single-use materials, and aftercare contact.
- Follow-up timing and early warning signs are clear.
- I shared upcoming travel, major events, or intense exercise plans.
- I understand that urgent symptoms should not be watched at home.
- Is hyaluronidase access and a vascular-complication plan available?
- Is there any finding or risk today that should make us postpone treatment?
- Will product/device, lot/serial, dose/energy, and treatment map be documented in my file?
- Which symptom requires same-day clinic contact, and which requires urgent medical care?

Daily Routine and Lifestyle

Skin routine

- Avoid unnecessary pressure or massage on the first day.
- Discuss timing around dental work, vaccines, or new injections.
- Return to irritating active skin care only as instructed.
- Do not judge final volume while swelling is active.

Lifestyle rhythm

- Sun protection and skin care support the surrounding skin quality.
- Use photos and facial balance, not habit, to decide on repeat filler.

Reminder

Sun protection, barrier repair, and consistent follow-up strongly influence the quality of many aesthetic plans.

Results and Maintenance Plan

Expectation

- Filler cannot be judged accurately until swelling settles.
- Too much volume can disturb natural proportions; small amounts may be safer.
- Not every filler is reversible; product type and intervention options should be clear.
- Longevity is individual and area-specific; exact duration should not be promised.

Planning language

- Botulinum toxin can reduce movement-related strain in selected lines.
- Skin-quality treatments may be timed separately from volume restoration.
- HIFU or RF procedures require timing decisions based on product and area.
- Lip treatment should respect proportion, teeth show, and smile dynamics.
- Under-eye filler is not suitable for everyone; anatomy and swelling tendency are critical.
- For larger goals, staged treatment is usually more controlled.

Combinations and Alternatives

Rather than pushing one treatment too far, smaller staged steps can look more controlled. Combinations do not always need to happen on the same day.

1

- Botulinum toxin can reduce movement-related strain in selected lines.
- Skin-quality treatments may be timed separately from volume restoration.

2

- HIFU or RF procedures require timing decisions based on product and area.
- Lip treatment should respect proportion, teeth show, and smile dynamics.

3

- Under-eye filler is not suitable for everyone; anatomy and swelling tendency are critical.
- For larger goals, staged treatment is usually more controlled.

Boundary

No treatment is suitable for everyone. Deciding not to treat can also be the medically sound decision.

Physician Review and Consultation Notes

Physician review area

- Medical accuracy and treatment boundaries checked.
- Patient-safety warnings match clinic protocol.
- Product/device wording matches current use and regulatory status.
- It is clear that personal instructions are given during assessment.

Questions to ask

- Which product is planned, and why is it suitable for this area?
- Is it hyaluronic acid, and is a reversal option relevant?
- What are vascular warning signs, and what is your urgent plan?
- When does swelling settle, and when is follow-up?
- Could another option be safer than filler for this area?

Publication status

Status: physician-review ready draft. Before publication, Dr. Murat Toktamışoğlu should sign off on clinic protocol, product/device names, and personal-instruction language.

Physician signature

Date

Version note

My notes

Printable checklist

Before

- No active infection, wound, or sunburn.
- Medicines and supplements listed.
- Allergies and past procedures noted.
- Pregnancy or breastfeeding disclosed.
- Product or device name will be asked.
- Calendar allows recovery time.
- Photo and follow-up plan will be asked.
- Urgent contact channel is saved.
- Personal instructions will be written.
- Goals and limits are clear.

During

- Area is cleansed.
- Target areas are confirmed.
- Sterile single-use materials are visible.
- Pain, burning, or vision symptoms will be reported.
- Product or device details are documented.
- Comfort pauses can be requested.
- Color, pain, and swelling are monitored.
- No rushed add-on treatment.
- Home instructions will be reviewed.
- Follow-up date will be asked.

After

- Do not rub the area.
- Delay heat exposure and intense exercise.
- Makeup and skin-care timing is clear.
- Track swelling and redness with photos.
- Do not pick crusts or injection marks.
- Mild bruising can be temporary.
- Worsening pain will not be watched.
- Color change will be reported promptly.
- Breathing, swallowing, or vision symptoms are urgent.
- Follow-up appointment is kept.

Follow-up detail

Follow-up timing, photo monitoring, and early contact symptoms should be clear before you leave.

Aftercare Tracker

Date	Redness/swelling	Pain/tenderness	Note
Day 0			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			

Early contact

- Sudden severe pain
- Blanching, dusky color, cool skin, or net-like color change
- Vision change or eye pain
- Rapidly increasing one-sided swelling

Questions to ask

Questions to ask

- Which product is planned, and why is it suitable for this area?
- Is it hyaluronic acid, and is a reversal option relevant?
- What are vascular warning signs, and what is your urgent plan?
- When does swelling settle, and when is follow-up?
- Could another option be safer than filler for this area?
- What volume limit protects my facial proportions?

Short glossary

- Hyaluronic acid: A water-binding material family used in many fillers.
- Cannula: A blunt-ended instrument used for some filler techniques.
- Hyaluronidase: An enzyme used to dissolve some hyaluronic-acid fillers.
- Vascular complication: A circulation problem that can require urgent care.

Final note

This list is meant to improve the appointment conversation; personal decisions require assessment and medical judgment.

Informed decisions, measured plans.

Sources were used to check patient-safety framing, pre-procedure discussion points, and recovery language.

1

U.S. Food and Drug Administration

Dermal Filler Do's and Don'ts for Wrinkles, Lips and More

Used for filler side effects, vascular-risk language, and patient warnings.

<https://www.fda.gov/consumers/consumer-updates/dermal-filler-dos-and-donts-wrinkles-lips-and-more>

Approval workflow

Physician signoff is required before clinic use.

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