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WHAT TO EXPECT GUIDE SERIES

Dermal Fillers

What to Expect?

BEFORE · DURING · AFTER

20-PAGE PATIENT GUIDE · 2026

Hyaluronic-acid filler planning, natural facial proportion, first 48 hours, and safety warnings.

BİLGİLENDİRİCİ
GÜNCEL
İNFORMATİF
GÜVENİLİR
CURRENT
RELIABLE

HA

Prof. Dr.

Hasan Ahmet Özdoğan

ENT & HEAD AND NECK SURGERY

+90 542 450 85 30 · info@ahmetozdogan.com.tr

How to use this guide

Medical note

This guide does not replace an examination or an individual treatment plan. Medication, surgery, injection, and travel decisions should follow your own clinician's written advice.

Patient Guide

- Read the guide in three phases: preparation, procedure day, and recovery.
- Share reports, medication list, allergies, and previous procedures with your clinician.
- Make expectations concrete with photographs, functional goals, and quality-of-life priorities.
- Use the final checklist to track warning signs and follow-up appointments.

Prof. Dr. Özdoğan approach

- Function and safety come before aesthetic preference.
- The plan is personalised to anatomy, risk, and patient goals rather than a standard package.
- Expected result range, recovery timeline, risks, and alternatives are explained in writing.
- For international patients, travel, language support, secure data exchange, and remote follow-up are planned early.

KVKK/GDPR-compliant handling of medical files and photographs is essential.

Expectation Map

Before

- Facial proportions, expression, skin quality, prior fillers, and vascular danger zones are assessed.
- Cold sore history, immune status, pregnancy/breastfeeding, active infection, and allergies must be disclosed.
- Blood thinners, aspirin/NSAIDs, alcohol, and intense exercise may increase bruising-swelling; do not stop medication without approval.
- Leave at least 2 weeks before major events such as weddings or photo shoots.

During

- Treatment takes 30-45 minutes; cannula or needle choice depends on area and safety plan.
- Lips, cheeks, nasolabial folds, chin, jawline, and tear trough require different product density and depth.
- Small staged amounts preserve natural results; facial balance is preferred over excess volume.
- Hyaluronidase access and vascular-complication protocol should be available.

After

- Swelling, bruising, tenderness, and a feeling of asymmetry can be expected for 24-48 hours.
- For 48 hours avoid massage, intense exercise, alcohol, sauna, and heat; do not massage unless instructed.
- Lip swelling can be prominent for 2-3 days; most areas settle in 7-14 days.
- Sudden pain, blanching, mottled discoloration, vision change, or severe asymmetry requires urgent review.

EXPECTATION IN ONE SENTENCE

Dermal fillers restore volume, support contours, and soften selected folds or lines.

Clinical Picture

- Dermal fillers restore volume, support contours, and soften selected folds or lines.
- Hyaluronic-acid fillers offer planning safety because many can be reversed.
- Results are immediate, but swelling and integration mean the final look clarifies over 1-2 weeks.



CLINICAL CONTENT STANDARD

Prof. Dr. Hasan Ahmet Özdoğan · KBB ve Baş-Boyun Cerrahisi

Internal quality target: 98/100

Pricing is shared in writing after personal assessment, scope, and product/procedure planning.

Who Is a Candidate?

Good-fit profile

- Patients with a clear, examinable need or goal for Dermal Fillers.
- People willing to discuss expectations through photos, function, and recovery time.
- Patients without uncontrolled systemic disease, or whose condition is stabilised with the relevant specialist.
- Patients able to follow aftercare instructions and attend follow-up.

Pause / reassess

- A goal based only on a social-media filter or copying another person's result.
- Active infection, uncontrolled bleeding risk, or situations where postponement is advised.
- Inability to accept recovery time or attend control visits.
- Seeking a rushed decision without understanding risks and alternatives.

Before: Diagnosis and Goals

- Facial proportions, expression, skin quality, prior fillers, and vascular danger zones are assessed.
- Cold sore history, immune status, pregnancy/breastfeeding, active infection, and allergies must be disclosed.
- Blood thinners, aspirin/NSAIDs, alcohol, and intense exercise may increase bruising-swelling; do not stop medication without approval.
- Leave at least 2 weeks before major events such as weddings or photo shoots.

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Before: Preparation Checklist

- Report previous filler brand, amount, and date.
- Ask whether antiviral prophylaxis is needed if you have cold sores.
- Read vascular-occlusion warning signs before treatment.
- Leave 2 weeks before major events, preferably 2-3 weeks for lip filler.
- Collect ID/passport, previous reports, imaging, and lab results in one file.
- Write medication, allergy, supplement, smoking, and alcohol information completely.
- Plan work/travel around the recovery intervals.
- Confirm companion, transport, and first-night accommodation details.
- Do not stop aspirin, blood thinners, hormones, or regular medication without approval.
- Discuss realistic result photos and examples you want to avoid before the procedure.

Questions to ask at consultation

- Which product, depth, and anatomic area will be treated?
- Do you have hyaluronidase and an emergency vascular protocol?
- Is a staged plan safer than one session?
- What is the correction strategy if the result is not natural?
- What is my indication for this procedure; is there a reasonable scenario where I should not proceed?
- Which goals are realistic, and which are limited by my anatomy?
- What is expected in the first 24 hours, first week, and first month?
- Which medications, supplements, or habits should I temporarily change?
- If I suspect a complication after hours, who do I contact and through which channel?
- Which photo angles and follow-up dates will be used for monitoring?

Procedure-Day Flow

1

Admission and identity check

2

Final examination, photos, and marking

3

Anaesthesia / local preparation

4

Procedure performed

5

Early observation and discharge plan

6

Written aftercare and contact channel

For appointment and preliminary review, contact the clinic by WhatsApp or email.

PROCEDURE-DAY REMINDERS

- Fasting or no-fasting rules are confirmed in writing according to anaesthesia type.
- Do not make last-minute medication changes; leave decisions to the clinical team.
- Limit valuables and avoid makeup/perfume where relevant.
- Do not drive after discharge; arrange a companion or transfer.

During

- Treatment takes 30-45 minutes; cannula or needle choice depends on area and safety plan.
- Lips, cheeks, nasolabial folds, chin, jawline, and tear trough require different product density and depth.
- Small staged amounts preserve natural results; facial balance is preferred over excess volume.
- Hyaluronidase access and vascular-complication protocol should be available.

Prof. Dr. Özdoğan approach

The key determinant during the procedure is choosing technique by anatomy and safety boundaries, not by trend.

Expected

- Brief stinging or tenderness
- Small redness, bumps, or pinpoint bruising
- Limited same-day return to social activity

Team checks

- Dose, product, and lot recording
- Symmetry and vascular-safety observation
- Written 24-48 hour aftercare instructions

Safety Controls

- Right patient - right procedure - right side/area check.
- Medication and allergy list reconfirmed before treatment.
- Sterility, product/implant lot information, and device safety recorded.
- Specific controls for bleeding, airway, vascular, nerve, or infection risk.
- Written urgent contact and expected-symptom list before discharge.
- High-risk vascular areas are mapped by anatomy.
- Cannula/needle choice follows area and safety goal.
- Staged correction with small volumes is preferred.
- Vascular-occlusion protocol and hyaluronidase access are available.

After: First 24 Hours

- Swelling, bruising, tenderness, and a feeling of asymmetry can be expected for 24-48 hours.
- For 48 hours avoid massage, intense exercise, alcohol, sauna, and heat; do not massage unless instructed.
- Cold application should be indirect and brief; avoid pressure.
- Lip and tear-trough swelling can be prominent early.
- Sudden pain, blanching, or vision symptoms are urgent.
- Do not stay alone the first night; keep discharge instructions and urgent numbers visible.
- Report pain, bleeding, breathing, or vision symptoms that exceed expectations without delay.

After: First Week

- Swelling decreases over 7-14 days; early asymmetry is often oedema.
- Do not massage unless instructed.
- Ask about timing for dental work, facial massage, and sauna.
- Do not delay control visits; early issues are often managed with small adjustments.
- Track swelling, bruising, crusting, or tenderness with photos even when they seem expected.
- Unless instructed, do not massage, press, or self-apply products/medication to the area.
- Swelling, bruising, tenderness, and a feeling of asymmetry can be expected for 24-48 hours.
- For 48 hours avoid massage, intense exercise, alcohol, sauna, and heat; do not massage unless instructed.

After: Long-Term Follow-up

- Lip swelling can be prominent for 2-3 days; most areas settle in 7-14 days.
- Sudden pain, blanching, mottled discoloration, vision change, or severe asymmetry requires urgent review.
- Hour 0-48: swelling and bruising are most visible.
- Day 3-5: lip and delicate-area swelling decreases.
- Day 7-14: product settling and symmetry review.
- Month 1-3: tissue integration feels more natural.
- Month 6-12: longevity decreases by area and product.

Prof. Dr. Özdoğan approach

Long-term satisfaction depends not only on technical success, but also on photo follow-up, aftercare discipline, and realistic expectations.

Risks and Complications

- Swelling, bruising, asymmetry, nodules, infection, allergy, vascular occlusion, skin necrosis, rare vision loss.

Urgent warning signs

- Sudden increasing pain
- Skin blanching or mottled purple pattern
- Blurred vision or vision loss
- Rapidly increasing lip/facial swelling
- Fever or pus-like discharge

Risk-reduction practices

- Vascular anatomy knowledge
- Start with low volume
- Hyaluronidase access
- Emergency-sign education

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International patient pathway

- Existing reports, photographs, and medication list are shared through a secure channel.
- After preliminary review, the written plan, risks, and estimated stay are sent.
- Travel is arranged to include control visits; return date is confirmed after clinician review.
- After discharge, symptoms and photographs are followed by WhatsApp or email.
- If needed, a summary can be coordinated with your local clinician.

KVKK/GDPR-compliant handling of medical files and photographs is essential.

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Frequently Asked Questions

How long does filler last?

HA fillers often last 6-12 months depending on area, product, and metabolism.

Can it be reversed?

Hyaluronic-acid fillers can be dissolved with hyaluronidase when appropriate.

Can it be combined with Botox?

Yes; Botox targets muscle activity, fillers target volume-contour. Sequence is personalised.

Is dissolving filler harmful?

When appropriate, hyaluronidase can be used safely; the decision follows examination.

What if I feel lumps?

Early swelling can feel uneven; report painful, red, or growing nodules.

Does dental work matter?

Recent dental infection or planned procedures can affect infection risk and should be shared.

This material is for patient education; diagnosis and treatment are determined by personal assessment.

Short checklist

- I understand my indication and alternatives.
- I adjusted work/travel plans for recovery time.
- I provided medication and allergy list in writing.
- I saved urgent warning signs and contact channel.
- I added follow-up visits to my calendar.
- I know the standard angles for photo follow-up.
- I understand pricing is written after personal planning.
- I will apply my risk-reduction steps: Vascular anatomy knowledge, Start with low volume, Hyaluronidase access, Emergency-sign education.
- I will save the discharge note and prescription digitally the same day.
- I can distinguish expected symptoms from urgent warning signs.

Sources and clinical transparency

CONTACT

Prof. Dr. Hasan Ahmet Özdoğan Kliniği

Prof. Dr. Hasan Ahmet Özdoğan

Merkez Mahallesi, Abide-i Hürriyet Cd No:147, 34381 Şişli/İstanbul

+90 542 450 85 30 · info@ahmetozdogan.com.tr

<https://profdrhasanahmetozdogan.com/estetik/dolgu>

SOURCES AND CLINICAL TRANSPARENCY

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Thank You

The goal in Dermal Fillers decision-making is to bring safe clinical assessment and realistic expectation to the same table.

Next steps

- Prepare current reports and photographs for preliminary review.
- Summarise medication/allergy list and your goal in one message.
- If suitable, a written plan, stay duration, and follow-up schedule are shared.
- Keep this PDF in your personal notes until the control visit.

For appointment and preliminary review, contact the clinic by WhatsApp or email.

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