DR EYAS MEDANAT

Dr. Eyas Medanat
Unit 303, 3rd Floor, Block B, Ibn Sina Building 27, Dubai Healthcare City, Dubai, UAE
+971 50 108 8378 · info@eyas.doctor

GUIDES · FACIAL HARMONY FILLERS · JAWLINE & CHIN DEFINITION · FILLER REVERSAL & DISSOLVING

Dermal Fillers (Hyaluronic Acid)



Hyaluronic acid fillers restore volume and refine contours — lips, cheeks, chin, jawline, under-eyes and lines. You see the result straight away; it then settles over about 2 weeks as the swelling goes down.

1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
15–30 minutes	Numbing cream; most fillers also contain a local anaesthetic	Straight away (lips may stay swollen for 1–2 days)

EXERCISE	RESULTS	HOW LONG IT LASTS
After 24–48 hours	Immediate; settled at 2 weeks	Usually 6–18 months, depending on the area

2 Before your treatment

Specific to this procedure

- Tell us if you are pregnant or breastfeeding, have an autoimmune condition, or have had fillers or other injections before — and which ones.
- Avoid aspirin, anti-inflammatory painkillers, fish oil and vitamin E for 7 days, and alcohol for 24–48 hours, to reduce bruising — unless a doctor prescribed them.
- If you get cold sores and are having lip filler, tell us — we may give you antiviral tablets to start beforehand.
- Avoid dental treatment for 2 weeks before and after.
- Arrive without make-up on the treatment area.

3 After your treatment

First 24 hours

- Do not touch, press or massage the area unless we have asked you to.
- No make-up for 12 hours.
- No exercise, sauna, steam, hot yoga or alcohol for 24–48 hours.
- Sleep on your back with your head slightly raised for the first night.

The next 2 weeks

- Drink plenty of water every day — hyaluronic acid filler holds water, and staying well hydrated helps it settle and look natural.
- Avoid facials, facial massage, laser or radiofrequency treatments.
- Avoid extreme heat or cold — sauna, sunbathing, skiing.
- Avoid dental treatment.

- Small lumps or unevenness are common while the swelling settles — do not judge the result before 2 weeks; we review you then.

What to expect

- Swelling, tenderness and redness for 1–3 days; lips can swell more and for longer.
- Bruising is possible and fades in 5–7 days.
- The filler settles and softens over 2 weeks.

4 Your recovery, week by week

Day 1–3
Swelling and tenderness — lips the most.

Day 5–7
Any bruising fades.

Week 2
Settled result; review.

Months 6–18
The filler is gradually absorbed; top up when you are ready.

Call us straight away if you notice

⚠ Skin that turns white, grey, blue or blotchy, or pain that keeps getting worse after treatment — this can mean the filler is pressing on a blood vessel. Call us immediately; it needs treating quickly.

⚠ Any change in your vision after treatment — call 998 immediately, then us.

⚠ A hard, red, hot or painful lump that appears days or weeks later.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.