



La Jolla Cosmetic
Medical Spa
est. 2013

Hyaluronidase Post Care

WHAT IS HYALURONIDASE?

Hyaluronidase is an enzyme used to dissolve hyaluronic acid-based dermal fillers. It's a safe, effective treatment that breaks down previously placed filler to correct overfilled areas, asymmetry, lumps, or undesired results.

POST TREATMENT INSTRUCTIONS

- Swelling, redness, and mild tenderness at the injection site are normal.
- You may experience some bruising or a stinging sensation—this should resolve in a few days.
- Use a warm compress (wrapped in a clean cloth) for 5–10 minutes at a time, as needed for comfort.
- Avoid touching, pressing, or massaging the treated area unless instructed by your provider.

AVOID FOR 24-48 HOURS

- Vigorous exercise or sweating
- Alcohol or blood-thinning medications (unless prescribed)
- Heat exposure: saunas, steam rooms, hot tubs, or hot showers
- Applying makeup on treated areas
- Facial treatments, massages, or lasers

IT MAY TAKE MORE THAN ONE TREATMENT

The amount of filler to dissolve and the area being treated can affect how many sessions you'll need. Some patients require multiple treatments to fully break down older, dense, or layered filler—especially if it was placed by another provider or over a long period of time.

Your provider will guide you through a personalized plan based on your goals and how your body responds.