FORM
CAMPUS
DR. RON SOMOGYI, MD, FRCSC · DR. CORY GOLDBERG, MD, FRCSC · DR. MICHAEL BRANDT, MD, FRCSC

PRE AND POST-TREATMENT INSTRUCTIONS

Dermal Fillers

To get the best results and reduce bruising and swelling at the injection site, please follow these recommendations to prepare for your dermal filler appointment, and review the aftercare instructions below.

BEFORE YOUR INJECTIONS

Two Weeks Before

- If you have recently had laser, ultrasound, peel, facial or microdermabrasion treatments, we recommend waiting at least 2 weeks before having dermal filler treatments.
- If you have a special event or vacation coming up, you may want to schedule your treatment at least 2 weeks in advance.

One Week Before

- Avoid over-the-counter blood-thinning medications such as aspirin, Motrin, ibuprofen and Aleve.
- Avoid supplements, including St. John's Wort, ginkgo biloba, primrose oil, garlic, ginseng and vitamin E.

2 Days Before

- Avoid topical products such as tretinoin (Retin-A), retinol, retinoids, glycolic acid, benzoyl peroxide and hydroquinone.
- Avoid waxing, bleaching or using hair removal cream on the area to be treated.
- You may start taking over-the-counter Arnica supplements 2 days before the procedure. This is not required, but it will help lessen bruising.

24 Hours Before

- Do not drink alcoholic beverages for 24 hours before your injections.

General Recommendations

- If you have a history of cold sores with outbreaks more than 4 times a year, we recommend that you be pretreated with medication before injection treatments around or near the mouth. The medication will need to be started 3 days before your treatment visit.
- Do not have dermal fillers if you are pregnant or breastfeeding, are allergic to lidocaine, or have had any facial surgery in the past year. Please let us know before your treatment if you have any questions about this.

Day of Treatment

- Arrive at the office with a clean face, washed and without makeup.
- To maximize your comfort during the procedure, a topical anesthetic may be applied.

90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3
T (416) 447-6176 · F (416) 447-5750 · FORMFACEBODY.CA

These instructions are general guidance. Your surgeon or provider may give you instructions specific to your care, and those take priority.

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AFTER YOUR INJECTIONS: THE FIRST HOUR

- Apply an ice pack and topical Arnica.
- Take acetaminophen (Tylenol) to reduce pain as needed.
- Avoid touching, massaging or picking around the injection site. It is normal to feel small lumps and bumps for up to a few days after injections. They will usually soften and "settle" with time, usually within 1 to 2 weeks.

HOW TO REDUCE SWELLING

6 to 10 Hours After Treatment

- Until the swelling and redness have resolved, avoid intense heat on the treated areas, including sunbathing, tanning, saunas, hot tubs and hot wax.
- While it is always recommended to avoid sun exposure, it is particularly important to avoid prolonged sun exposure until redness and swelling are gone.

24 Hours After Treatment

- You can apply SPF, skin care products and makeup as desired, but avoid glycolic or Retin-A products for at least 24 hours.

HOW TO REDUCE BRUISING

- Avoid alcoholic beverages and strenuous activity, as they may cause additional bruising.
- Regularly applying a cold compress after your procedure can help reduce pain, swelling and bruising. Rinse a washcloth in ice water or wrap an ice pack in a thin cloth. Do not apply ice directly to the skin, as it can cause discomfort or frostbite.
- Avoid facials and microdermabrasion for at least 7 days.

ARNICA FOR BRUISING

Arnica has been shown to help decrease bruising and reduce how long bruising is visible. A combination of oral pellets and topical gel is recommended, but if you would prefer to use only one, the pills are likely more effective. Start the pills 2 days before your procedure and continue them for 3 to 5 days after your procedure. The gel can be started as soon as gently massaging it in is tolerable, and can be continued until the bruising has subsided. Storing the gel in the fridge will also provide a cooling, soothing effect on the bruised area. Apply the gel around the treated area only. Do not apply it directly onto the injection sites. Please DO NOT use Arnica if you are allergic to the daisy flower.

IMPORTANT AFTERCARE NOTES

> **Please contact us immediately if you:** have fever and/or chills; have discoloured blotches in areas not injected; have blanching of injected areas; notice the area appears red and/or hot to the touch; or have severe or increasing pain.

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