

WHAT TO DO BEFORE DERMAL FILLERS INJECTIONS

In order to obtain the best results and reduce bruising and swelling at the injection site, please follow these recommendations on how to prepare for your dermal filler appointment and consider these post care instructions:

Two Week Prior

- It is recommended that you wait at least 2 weeks to have dermal filler treatments if you have previously had treatments with laser, ultrasound, peels, facials or micro-dermabrasion.
- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.

One Week Prior

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

2 Days Prior to Injections

- Avoid topical products such as Tretinoin (Retin-A), Retinol, Retinoids, Glycolic Acid, benzyl peroxide, hydroquinone.
- Avoid waxing, bleaching or using hair removal cream on the area to be treated.
- You may start taking over the counter Arnica supplements two days prior to the procedure. (This is not required, but it will help to lessen bruising.)

24 Hours Prior to Injections

- Do not drink alcoholic beverages 24 hours prior.

General Recommendations

- If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be started 3 days prior to your treatment visit.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to lidocaine, or have had any facial surgery in the past year. Please inform us if you have any questions about this prior to your treatment.

DAY OF TREATMENT

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

WHAT TO DO AFTER FILLERS: THE FIRST HOUR

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

HOW TO REDUCE SWELLING AFTER DERMAL FILLER INJECTIONS

6 to 10 Hours After Treatment

- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.
- While its always recommended to avoid sun exposure, it is particularly important to avoid prolonged sun exposure until redness and swelling is 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 AFTER FILLERS

- Avoid drinking alcohol beverages or partaking in strenuous activity, as it may result in additional bruising.
- Regular application of a cold compress after your procedure can help reduce pain, swelling, and bruising. We recommend that patients rinse a washcloth in ice water or wrap an ice pack with a thin cloth. Avoid applying ice directly to the skin as it can cause discomfort or frostbite.
- Avoid any facials and microdermabrasion's for at least 7 days.
- Arnica for Bruising
- *Arnica has been shown to help decrease bruising and reduce the length that bruising is visible.*
- *It is recommended to use a combination of oral pellets and topical gel but if you would only like to use one or the other, the pills are likely more effective. The pills should be started two days before your procedure and continued for 3-5 days after your procedure. The gel can be started as soon as the massage process of*

administering the gel is tolerable and can be continued until the bruising has subsided. Storing the gel in the fridge will also provide a cooling and soothing effect to the bruised area.

- *DO NOT take off the dressing and DO NOT apply on the actual incision until completely healed. Apply around procedure area to minimize swelling and bruising. Please DO NOT use Arnica if you are allergic to the daisy flower.*

IMPORTANT FILLER AFTERCARE NOTES

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Have severe or increasing pain