

DERMAL FILLER INJECTIONS

Preparation

In order to obtain the best results and reduce the bruising and swelling at the injection site, please follow these pre and post appointment recommendations:

TWO WEEKS 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.
- Avoid dental work for at least 2 weeks prior to your procedure, including any cleaning work.

ONE WEEK PRIOR:

- Avoid blood thinning over-the-counter 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 PRIOR:

- 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 the bruising*).

24 HOURS PRIOR:

- Do not drink alcoholic beverages 24 hours prior.

DAY OF TREATMENT:

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

General Recommendations

- If you have a history of cold sores, it is recommended that you are pre-treated with medication prior to injection treatments near the oral area. The medication will need to be started 3 days prior to your treatment visit.
- YOU CANNOT RECEIVE Dermal Fillers if you are pregnant or breast-feeding, 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.



After Treatment

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 1-6 weeks*).

HOW TO REDUCE SWELLING | 6-10 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 it's always recommended to avoid sun exposure, it is particularly important to avoid prolonged sun exposure until redness and swelling is gone.

HOW TO REDUCE SWELLING | 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 (*2-3 days preferably*).

HOW TO REDUCE BRUISING | 24 HOURS AFTER TREATMENT:

- **Arnica for bruising:** Arnica has been shown to help decrease bruising and reduce the length of time the bruise 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. Please DO NOT use Arnica if you are allergic to the daisy flower.
- Avoid drinking alcoholic beverages for 24 hours, as it may result in additional bruising.
- Regular application of a cold compress after your procedure can help to 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 microdermabrasions for at least 2 weeks.
- Avoid strenuous exercise for 2-3 days.

Further Aftercare Instructions

- Avoid sleeping on the treated area for the next 3-5 nights.
- Avoid air travel for at least 72 hours.
- Do not touch, rub or manipulate areas of injection unless instructed by your injector.
- Avoid laser skin treatments for 30 days.
- Avoid chemical peels for 2 weeks.
- Avoid dental work for at least 2 weeks afterwards.

Important Filler Aftercare Notes:

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills.
- Have discolored blotches in areas not injected.
- Have blanching/paleness at/or around injected areas.
- Notice the area appears red and/or hot to the touch.
- Have severe or increasing pain.
- Have excessive swelling on or around the injection site.
- Cold patches around injection site.

