



DERMAL FILLER

Pre and Post Care Instructions

Pre-Treatment Instructions:

- **7 DAYS BEFORE** treatment: AVOID blood thinning over the counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Gingko Bilboa, St. Johns wart, fish oil. **DO NOT STOP ANY MEDICATIONS PRESCRIBED BY A DOCTOR.**
- Inform your doctor if you have a history of perioral herpes/cold sores prior to treatment to receive an antiviral medication.

Post-Treatment Instructions:

- **SWELLING:** Mild to moderate swelling can be expected following treatment. On the day of your filler treatment, an ice pack or bag of frozen peas can be applied to the swollen area for a maximum of 10 minutes per hour for the rest of the day to diminish swelling. Swelling can last 3-5 days. Consider taking an anti-histamine such as Claritin, Zyrtec, or Benadryl to decrease associated swelling.
- **PAIN:** You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products, vitamin E and fish oil, as they may increase your potential to bruise.
- **BRUISING:** Small bruises from injection of the needle into the skin can occur and may appear darker after 24 hours. Bruising usually subsides in 3-5 days but can rarely last up to 2 weeks. Cover-up can be applied right away over bruises to camouflage them until they resolve. We also offer treatment with our V-Beam laser for larger bruises.
- **BUMPS:** It may be normal to feel "firmness" in your treated area/s for the first few days after treatment. Over time, the area/s will soften and "settle". Give two to three weeks for maximum benefit.
- **DO NOT RUB OR MASSAGE** the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- **ACTIVITY:** Many patients immediately return to their normal routine/activities; however strenuous exercise or activity should be avoided for the remainder of the treatment day.
- **SUN EXPOSURE:** Sunbathing or excessive UV exposure should be avoided until any redness or swelling has subsided.
- **FUTURE TREATMENTS:** Studies show that repeating your filler treatment within the 4 to 9 month range, before the product has fully dissipated, will enhance your results and make your results last much longer.

If you have any questions, please do not hesitate to call 313-884-9100.