

## Dermal Filler Pre & Post Treatment Guidelines

### Before Your Treatment

- Discontinue use of the following 3-5 days prior to treatment:
  - Aspirin
  - Ibuprofen (Motrin, Advil, Aleve)
  - St. John's Wort
  - Omega 3 fatty acids (Fish Oil)
  - Vitamin E
  - Ginger
  - Ginko Biloba
  - Ginseng
  - Garlic
  - Alcohol
  - Green Tea
- If you are using prescription aspirin or blood thinners, do not discontinue unless permitted by your Physician
- If you have a history of cold sores, consult your Physician regarding pre-care instructions
- Avoid dental work for at least 2 weeks prior to receiving the treatment
- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your [Dermal Filler](#) and [Botox](#) appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Botox injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period. Sculptra does take longer to see results so plan accordingly with your provider.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding

## **After Your Treatment**

- Avoid significant movement or massaging of the treated area (unless otherwise instructed by the provider).
- Avoid strenuous exercise for 24 hours.
- Avoid make-up for 4-6 hours to prevent infection.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort if approved by the provider
- Try to sleep face-up and slightly elevated if you experience swelling.
- Take Arnica to help with bruising and swelling, start at least 2 days prior to injections.
- Redness and/or bruising are possible after the injection. In case of any excessive swelling/redness or bruises, please contact your provider.

## **AFTERCARE & ADVICE**

### *Dermal Fillers*

If you have undergone a dermal filler treatment, a hyaluronic acid gel was injected into your skin or lips to improve shape, proportion, lines, shadows or wrinkles.

### **What's normal after a procedure?**

Due to the anaesthetic in the gel, you may feel numbness or tingling immediately after the procedure, and have some moderate swelling, redness, bruising and tenderness over areas treated. Some people experience a dull ache and tenderness to the treated areas which subsides between 48-72 hours. Mild, non-painful swelling can last for up to 2 weeks. Bruising is usually visible initially, then more obvious the next day before fading over 7 to 14 days. A small minority of bruises can last for 4-6 weeks.

### **How to protect your result & reduce side effects:**

-For 48 hours you should avoid exposure to UV light and heat i.e. sauna, sun beds, hot showers, strenuous exercise etc, as this may increase discomfort and swelling

-Keep the area cool with a cold compress, but don't apply ice which can cause injury

-Try to avoid unnecessary pressure over any areas treated, especially in the first 24 hours

-Avoid facial massages or skin resurfacing until the area has healed fully

**Reduce the chance of infection:**

-Reduce the risk of infection by not touching the area for 6 hours

-Do not apply make-up over injection points until the day after the procedure

**When to contact us...**

Serious complications are rare, but it is vital to seek urgent review if anything like this occurs:

-Swelling, puffiness or lumpiness which does not fade in the first week with a gentle massage.

-The filler changes texture and becomes hard, nodular or lumpy, especially if there is redness or tenderness after 48 hours. All these symptoms may indicate a need for medical assistance from your clinician or family doctor if you are unable to see us, but please contact us so we can advise.

**IMPORTANT: Contact us immediately if you have symptoms of a blocked blood vessel.**

If you develop increasing pain near or above the site of injection which is getting worse over time, especially if associated with a pale area of skin indicating a lack of blood flow you should contact us straight away.