



## **DERMAL FILLER TREATMENT GUIDELINES**

### **Preparing for your Treatment:**

- **To Minimize Bruising:**

- Discontinue these medications/supplements 7 days prior:

Aspirin *	Vitamin E
Ibuprofen (Motrin, Advil, Aleve)	Ginger
St. Johns Wort	Ginkgo Biloba
Omega 3 fatty acids (fish oil)	Ginseng

\*If you have been prescribed Aspirin, do not stop unless okayed by prescribing physician

- Take Arnica Montana (found at local herbal supplement stores or pharmacies) and/or Bromelain (found naturally in pineapple or as a supplement) 1 day before your appointment
- **Cold Sores:** If you have a history of cold sores, ask us about pre-care instructions.
- **Dental Procedures:** It is recommended that you avoid any dental procedures for 2 weeks prior and 2 weeks after your dermal filler treatment.

### **After Treatment Care:**

- **Swelling:** You will notice some of the swelling the first morning after the treatment, particularly under the eyes if injections have been done in that area. Swelling usually lasts 2-3 days. To minimize:
  - Apply cold compresses to the area for 10 minutes every hour
  - Sleep elevated the first night. Use as many pillows as you can tolerate.
  - The initial swelling after treatment to the lips may last longer. Some patients experience swelling up to a week and the lips can look somewhat uneven during this time. After the swelling has subsided, you will be able to see your true results.
- **Bruising:**
  - Avoid alcohol for 24 hours after the treatment
  - No increased blood pressure (i.e. sauna, hot tub, exercise, cardio) for 4 hours post treatment
  - Take Arnica Montana (found at local herbal supplement stores or pharmacies) and/or Bromelain (found naturally in pineapple or as a supplement) 1 day before and up to 7 days after the procedure
- **Redness:** You may apply makeup immediately after treatment.
- **Tenderness/Pain:** You may take Advil or Tylenol if necessary. However, if you have any significant pain or blistering, call the office immediately.
- **Avoid squeezing or massaging** the treated areas for the first 24 hours after treatment, as this may subtly change the shape we are trying to achieve. However, if you were treated with Sculptra, disregard this and massage for 5 minutes 5 times daily for 5 days to distribute the product evenly and to increase the effectiveness of it. If you develop any bumps under the skin that are not resolving, please make an appointment to be seen.