

Pre and Post-Care Instructions for Dermal Filler

Pre-Treatment Considerations:

- Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary. Plan for 7-14 days for complete recovery. Sometimes, there is no bruising or swelling at all, every patient and experience is different.
- To lessen the likelihood of bleeding or bruising, discontinue the use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or post-injectable treatment, as it is also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment).
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area. *It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.*
- Any injection introduces the risk of infection. For this reason, the following is taken into consideration when proceeding with injections.

We may delay injectables if you:

- Have had any infection, cold, virus, or flu in the past 30 days.
- Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days.
- Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
- Have had any immunizations in the past 30 days or if you're anticipating immunizations.
- Have had any tattooing or permanent makeup within the past 30 days.
- Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).
- Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

Post-Treatment Instructions:

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.

- **DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT:** No cleanser, moisturizer, or makeup!
- **DO NOT** massage, touch, or manipulate the injection site. Avoid heavy exercise on the day of your treatment.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait for a minimum of four weeks (or as directed by your provider) before receiving any skincare or laser treatments.
- If you experience bruising, Arnica Montana natural supplement can be taken to help bruising to resolve at a faster rate; take 5 tablets three times per day (this can be started 1 week prior to injections).
- *If you experience any of the following symptoms, contact our office immediately: dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice the onset of any of these symptoms, call our office immediately at 1-518-229-9283 to speak with a provider.*