



DERMAL FILLER

PRE & POST-TREATMENT INSTRUCTIONS

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Before Fillers Treatment:

Print and fill out this **intake form** and bring it with you to your appointment. If you are unable to print the form, please come to your appointment 15 minutes early. If you are also getting Botox with the fillers, please also print this **consent form**.

- Avoid aspirin (any product containing acetylsalicylic acid), vitamin E, St. John's Wort, and other dietary supplements including: ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (advil, motrin), Aleve (naprosyn), and alcohol for 2 days.
- If possible come to your appointment with a cleanly washed face without make-up.

After Fillers Treatment:

- Do not massage the treated areas. Skin redness, bruising, swelling, tenderness, and/or itch are common. If the symptoms persist longer than 3 days, please contact our office.
- Minimize movement of the treated area. However, if there is a visible bump, firmly massage the area.
- Avoid applying heat to the treated area until bruising or any swelling have resolved. Avoid activities that cause facial flushing on the day of treatment including consuming alcohol, hot tub or sauna use, exercising, hot wax, and tanning. Avoid extreme cold like skiing or hiking outdoors.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. When bruising occurs it typically resolves within in 7-10 days.
- After treatment, oral and/or topical Arnica Montana may help reduce bruising and swelling. You can find Arnica in the natural foods section of your grocery store or local pharmacy.
- You may also take acetaminophen (Tylenol) to reduce pain. Avoid consuming alcohol, taking aspirin, ibuprofen, naprosyn, or anti-inflammatory medications within the next 4 hours as they may increase bruising.
- Routine washing and showering is fine with gentle cleanser and moisturizers. Sunscreen and makeup may be applied.

Please contact us if you experience:

- Fever/chills; area appears extremely red, hot to touch, and angry looking.
- EXTREME pain at site; purple blotches at areas not injected; or obvious blanching (whitening or bluish tinge) of the area injected.

If you have these symptoms outside of normal business hours, go to the ER immediately.