

Dermal Filler Pre and Post Care

PRE-TREATMENT

1. **Allergy to lidocaine is a contraindication for Dermal Filler.** If you have a lidocaine allergy, you are **NOT** a candidate for this treatment.
2. **To avoid bruising:** For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications and herbal supplements for 1 week prior to your dermal Filler appointment. Avoid taking Aspirin and non-steroidal anti-inflammatory medications (NSAIDS) such as such as Ibuprofen, Motrin and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising. Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
3. **History of cold sores or fever blisters:** There is a risk that dermal Filler injections near or into the lips can stimulate a recurrence. We may recommend prophylactic antiviral therapy in the form of Valtrex® or Ayclovir. If so, follow the directions for your prescription.
4. You may not be pregnant or nursing.
5. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST-TREATMENT

1. **Immediately following the procedure:** the most commonly reported temporary side effects are temporary redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
2. **To avoid bruising:** avoid alcohol consumption for a minimum of 6 hours and refrain from taking blood thinners such as Aspirin and NSAIDS for several days. Tylenol is recommended if needed for discomfort.
3. **Please:**
 - a. Avoid touching or scrubbing at the injection sites for 24 hours after treatment.
 - b. Dermal Filler may be malleable for the first 2 weeks; to keep the Dermal Filler where our providers have placed it, sleep on your back and avoid rubbing the treated area for 2 weeks.
 - c. Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
 - d. Makeup may be applied immediately after treatment if desired.
4. **After treatment to lips:** the lips may become swollen and look somewhat uneven or lumpy. This can persist for 3-14 days. If symptoms persist beyond 7 days, please contact our office for a follow up appointment.
5. **No facials, facial massages, or laser treatments for 2 weeks after the dermal Filler treatment.** Most facials, chemical peels, laser, and light based treatments may be done immediately **prior** to the dermal Filler treatment. Botox® Cosmetic may be injected immediately before or after dermal Filler as part of a “liquid facelift”; if you have any questions regarding this, please ask your provider.
6. **Follow up Appointment:** If the desired level of correction has not occurred by day 14, additional dermal Filler may be needed. Please call our office to schedule an appointment if you would like more filler. Please note: Additional treatment will be charged at the current dermal Filler price.
7. **Combination Therapy:** Dermal Filler fills areas of lost volume; however, it does not prevent muscle movement or resurface the skin. Most patients see best results when combining their Dermal Filler treatments with other anti-aging and corrective procedures such as Botox® Cosmetic, Platelet Rich Plasma (PRP) Therapy, Pixel, AFT, etc. If you have any questions regarding which additional treatments may be of benefit for you, please ask your provider.
8. **Dermal Filler lasts 6-24 months on average.** It is not necessary to wait 6-24 months to return for treatment; you may return for your next, and/or additional Dermal Filler treatment as soon as you would like more volume correction in any areas of concern.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 528-0888.