

PATIENT INSTRUCTIONS FOR DERMAL FILLERS

Pre-Treatment Instructions:

1. Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
2. 7 DAYS BEFORE treatment (to prevent bruising): Avoid blood thinning over-the-counter medications such as *Aspirin*, *Motrin*, *Ibuprofen*, and *Aleve*. Also avoid herbal supplements, such as *Garlic*, *Vitamin E*, *Ginkgo Biloba*, *St. John's Wort*, and *Omega-3 capsules*. **Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.**
3. To avoid extra bruising, do not drink alcoholic beverages 24 hours before or after your treatment.
4. Do not use Dermal Fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment:

1. Arrive to the office with a "clean face". **Please do not wear makeup.** You may bring your own makeup to apply after your treatment.
2. To maximize your comfort during the procedure, a topical anesthetic may be applied.
3. To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

Post- Treatment Instructions:

1. Redness and swelling are normal. Bruising may also be visible and generally fades within 5-14 days.
2. You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
3. Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1-2 weeks after treatment. Over time, the area(s) will soften and "settle".
4. Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
5. Avoid placing excessive pressure on the treated area(s) for the first few hours and up to 2-3 days; when cleansing your face or applying makeup, **be very gentle**. (It takes approximately 2 weeks for the product to settle into the desired area.)
6. Excessive pressure or manipulation to treatment area can cause the product to move or break down.
7. Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/ routines immediately.
8. You may take Acetaminophen/ *Tylenol* if you experience any mild tenderness or discomfort.
9. Avoid extended UV exposure until any redness/ swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
10. Notify your provider if you plan to receive any laser or skin care treatments within 4 weeks after filler. Lasers and manipulation to the filler area can cause the filler to break down or move leading to irregular results.