



## Dermal Fillers (Pre and Post-Care Instructions)

### Before your treatment:

- One week prior to your treatment, avoid taking aspirin, non-steroidal anti-inflammatory medications (Advil, Motrin, Ibuprofen), St. John's wort, fish oil and high doses of Vitamin E supplements.
- Three days prior to your treatment, avoid drinking any alcoholic beverages.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. If necessary, an antiviral such as Valtrex® will be prescribed prophylactically.

### After your treatment:

- **Swelling:** Immediately after the treatment, there may be temporary redness and swelling at the injection site. This typically resolves within two to three days but may last up to one week. Cold compresses may be used in 10 minute intervals for 24-48 hours post treatment.
- **Bruising:** Bruising is a common side effect of dermal fillers. Bruising typically lasts 5-10 days. Arnica orally and topically is helpful in speeding up the healing process.
- **Exercise:** Avoid strenuous exercise during the first 24 hours following treatment. Activities that raise the heart rate and blood pressure may increase your chances of bruising.
- **Pressure:** Avoid pressure on the injected area for 48 hours. Avoid facials, massages, or lying on your face. Do not massage the filler unless instructed by your provider.
- **Medications:** Avoid taking aspirin, nonsteroidal anti-inflammatory medications, St. John's wort, fish oil and high doses of Vitamin E supplements for one week after treatment. These agents may increase bleeding and bruising at the injection site. For discomfort, acetaminophen or Tylenol® may be taken.
- **Follow-Up Care:** After your initial treatment, your 2 week follow-up appointment is very important. During this visit, your provider will critically assess your results and may further mold or add additional filler for a more polished effect. We generally do not bank filler, and if we do, we do not bank it for more than 90 days.
- **Skincare:** We strongly believe that injections should be paired with medical grade skin care. This will help with the longevity of the product and enhance your results. Your provider will give you recommendations based on your skin type.

*If you have any questions, please call us at 650-327-3232.*