

Dermal Fillers Instructions

Pre-Treatment Instructions:

- ❖ Dermal fillers must not be administered if you have had any vaccines, immunizations, procedures, illnesses, or dental work in the past two weeks and for an additional two weeks after fillers
- ❖ Avoid topical products such as tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any “anti-aging” products for 3 days. AVOID waxing, bleaching, tweezing, or the use of hair removal creams on the area to be treated
- ❖ For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment. This includes over the counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Bilboa, St. Johns wart, fish oil, omega-3 capsules. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin. Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising
- ❖ Inform your doctor if you have a history of perioral herpes prior to treatment to receive advice on antiviral therapy prior to treatment (Valtrex 500mg twice daily for 5 days, starting 2 days before treatment)
- ❖ Do *NOT* use dermal fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, suffer from any neurological or immune disorders, are experiencing any cold or flu-like symptoms, or have any active inflammatory processes (cysts, pimples, rashes, hives). Please inform your doctor if you have any questions about this prior to treatment
- ❖ Please inform your provider if you have had any type of infection in the 7 days prior to your procedure (UTI, respiratory infection, sinus infection)
- ❖ Please eat a full meal at least 2 hours before and come hydrated to your appointment
- ❖ Please inform your provider if you have any medical procedures scheduled 2 weeks before or after your appointment

Day of Treatment:

- ❖ Arrive to the office with a cleanly washed face (no makeup, moisturizers, sunscreen, perfumes, etc...)
- ❖ Please avoid wearing hanging earrings or jewelry
- ❖ To maximize your comfort during the procedure, a topical anesthetic may be applied. Despite the topical numbing, you may experience a mild amount of tenderness or a stinging sensation following injection
- ❖ To ensure a smooth and even correction, your doctor may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin
- ❖ Do not rub or massage the treated area(s) today. You may begin cleansing your face or applying make-up in 24 hours. Use gentle, sweeping motions to avoid excessive mobility of the area(s), avoid excessive scrubbing or rubbing

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- ❖ *AVOID* strenuous exercise or activity including yoga or Pilates for the remainder of the treatment day. You may resume other normal activities/routines immediately

Post-Treatment Instructions:

- ❖ Avoid significant movement or massage of the treated area unless instructed by provider
- ❖ Avoid strenuous exercise or anything that increases your heart rate or 24 hours
- ❖ Temporary, minimal to moderate swelling or lumpiness may be expected related to the area(s) treated and the product(s) used. Swelling typically is the worst two days after treatment. On the day of your filler treatment, an ice pack or bag of frozen peas can be applied to the swollen area for a maximum of 10 minutes per hour for the rest of the day to diminish swelling. Swelling can last 3-4 days. It is also normal to experience some tenderness. You may take Tylenol for this. Avoid aspirin or ibuprofen products as they may increase your potential to bruise
- ❖ It is normal to experience some tenderness at the treatment site that feels like a bruise. This can last for a few hours or a few days
- ❖ It may be normal to feel “firmness” in your treated area/s for the first few days after treatment. Over time, the area(s) will soften and settle leaving you with a soft, natural-looking result
- ❖ You may begin wearing makeup 24 hours after the procedure
- ❖ AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising
- ❖ AVOID extended heat or UV/Sun exposure for 72 hours (no sauna/hot tub). Apply an SPF 30 or higher sunscreen to the treated area(s)
- ❖ Wait a minimum of 6 weeks before receiving any laser treatments and 1 week before skincare treatments
- ❖ Use a clean pillowcase after treatment
- ❖ Sanitize your phone before putting it to your face and try to talk on speaker phone as much as you can the day of
- ❖ If you have any questions or concerns, we are here for you. Please call our office at 631-444-4200

Future Treatments:

- ❖ Studies show that repeating your filler treatment within the 4 to 9 month range, before the product has fully dissipated, will enhance your results and make your results last much longer. One week prior to your next treatment, avoid taking aspirin, ibuprofen, Aleve, vitamin E supplements, fish oil, and herbal supplements (gingko biloba, ginseng, and garlic) because these all can make you bruise more easily
- ❖ Enjoy your new look and remember that satisfaction is our goal. Please contact our office with any questions. Immediately report any symptoms that are out of the ordinary, such as worsening pain or worsening discoloration of the skin. We are also available 24/7 through our answering service in case of emergency
- ❖ Some patients need several treatments for optimal results