

FILLER INJECTIONS

Pre-Treatment

- Prior to treatment please keep your face clean and do not apply makeup
- Wait at least 1 week after sun burns or laser treatments, such as IPL, laser hair, etc., or any chemical peels, microdermabrasion, or any other skin resurfacing treatments. The procedure will not be performed on sunburned, open, or irritated skin.
- Avoid any herbal supplements or NSAIDS for at least 72 hours prior to treatment. If you have been prescribed a blood thinner this treatment may not be right for you and we ask you to call our office.
- Avoid alcohol for at least 48 hours prior to treatment.
- If you have a current diagnosis of any autoimmune, blood disorder, cancer, or neurological disease then filler may not be recommended.
- If you have a history of cold sores or vesicle outbreaks on the face please call our office prior to your appointment for an antiviral prescription.
- Eat a well balanced meal and drink a full bottle of water within 1 hour of appointment to reduce dizzy spells or fainting.
- To reduce swelling you may take Pepcid 40 mg OTC and Zyrtec 10 mg OTC the night before your appointment and Pepcid 40 mg OTC the morning of your filler appointment.

Post-Treatment Care

- On the night following your treatment, sleep with your head elevated to help with swelling. Do not sleep on areas treated for 2 weeks.
- Do not rub, touch, or manipulate filler for 2 weeks. The filler needs time to integrate into the tissues.
- During the first 24 hours be extra aware of everything that touches the area(s) treated to reduce the chance of infection.
- Avoid aerobic exercise and strenuous activity for 48 hours post procedure.
- Avoid alcohol and high sodium foods for 24 hours post filler to avoid an increase in swelling and bruising.
- Limit your exposure to sun and heat until swelling/redness fully subsides.
- Apply a clean cold compress to the treated area(s) for 5-10 minutes every hour. If tolerated a claritin or benadryl may be taken for 3 days post procedure to reduce swelling. Arnica may be taken by mouth or applied topically for bruising.
- The skin can be gently cleansed and clean makeup may be gently applied after 24 hours.
- Wait 2 weeks after filler for sun exposure, facials, laser treatments, chemical peels, microdermabrasion.
- Monitor the treated areas for signs of infection, pain, discoloration, or complications and call our office right away with any concerns 407-965-0650.

