



PRE-TREATMENT

- ❖ When booking your Dermal Filler appointment, please keep in mind the possibility of bruising after the treatment. If bruising occurs, it usually appears 24-48 hours after the injection and can remain visible for up to 7-10 days.
- ❖ To minimize the likelihood of bruising, discontinue the use of blood thinning medications and supplements as follows: Fish Oil, CoQ10, Vitamin E, Aspirin, and St John's Wort for 2 weeks before and 1 week after treatment; NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc) for 3 days before and 1 week after treatment; and avoid drinking alcohol the night before and the day of your treatment.
- ❖ Do not discontinue any prescribed medications or supplements without first consulting your physician. Please review the list on the back of this page and inform us in advance if you are taking any of the medications listed.
- ❖ Filler treatments may not be performed if you have an active infection or illness or are being treated for one. This includes colds and sinus infections. All prescribed antibiotics must be completed 4 weeks prior to treatment and any infections or illnesses must be completely resolved before you can safely get Filler.
- ❖ When getting Filler treatments after other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the Filler treatment. BOTOX/JEUVEAU and DERMAL FILLER treatments may be and often are performed on the same day.
- ❖ If you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment.
- ❖ Anticipate it taking up to 2 weeks to see final results from your Filler treatment and that sometimes additional Filler is required to achieve desired results.

TREATMENT DAY

- ❖ Please come to your appointment with a clean face – remove all makeup, creams and lotions.

POST TREATMENT

- ❖ Tenderness and swelling at the injection site after the treatment are common and should resolve within 24-48 hours. Bruising is also common and should resolve within 7-10 days.
- ❖ Ice may be applied to the area after filler treatment to help reduce swelling.
- ❖ Keep the treated area clean and do not apply makeup to the area for 24 hours following your treatment. Refrain from touching your face or allowing anything unclean to come in contact with your face. Do not immerse your head under water such as pools, the ocean, and hot tubs for 24 hours.
- ❖ For 48 hours post treatment, use only gentle cleansers and apply gentle pressure when cleansing the treated area – do not use cleaning tools (i.e. Clarisonic) or facial scrubs on the area.



- ❖ For 24 hours after your treatment, avoid straining, heavy lifting, vigorous exercise and all forms of heat such as hot tubs, saunas, sun exposure and tanning beds. Massages, rubbing, and any pressure to the treated area should also be avoided for 24 hours.
- ❖ Filler results can last from 8 to 24 months, depending on the type and amount of Filler injected. To maintain best results, the area should be retreated as recommended by your provider and/or as soon as you notice lines and wrinkles are starting to reappear in the treated area.

For any questions please call office at (912)289-9273