

**Pre & Post-Care Instructions and Considerations for Dermal Filler**

Pre-Treatment Considerations:

* Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.
* To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes: aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or post- injectable treatment. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment).
* Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area. *It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.*
* Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. We will delay injectables if you:
	+ Have had any infection, cold, virus, or flu in the past 30 days.
	+ Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days.
	+ Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
	+ Have had any immunizations in the past 30 days or if you’re anticipating immunizations.
	+ Have had any tattooing or permanent makeup within the past 30 days.
	+ Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).
	+ Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

Post-Treatment Instructions:

* Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
* Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body’s metabolism.
* DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT: No cleanser, moisturizer, or makeup!
* DO NOT massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment.
* Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
* Avoid dental work for 30 days after filler injections.
* Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
* If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
* You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
* Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
* For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider or a member of the staff for product recommendations.
* If you experience bruising, Arnica Montana natural supplement can be taken to help bruising to resolve at a faster rate; take 5 tablets three times per day (this can be started 1 week prior to injections).
* ***If you experience dusky or white discoloration of injected areas, severe or increasing pain, redness, warmth, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills, contact your provider immediately.***