



## Before, During, and After Filler treatments.

### Before Your Treatment

In order to reduce the amount of bruising and/or swelling from the injection sites, please follow the instructions below.

- Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve for 1 week prior. Please consult your physician if you are taking Aspirin for medical reasons!
- Avoid supplements including St. Johns Wort, ginko biloba, primrose oil, garlic, ginseng, Fish Oil, and Vitamin E for 1 week
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products for 3 days prior
- Avoid waxing, bleaching, tweezing, or hair removal cream on the area to be treated for 3 days prior
- Do not drink alcoholic beverages for 24 hours prior to treatment. (Or 24 hours after treatment).
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let us know if this is the case. If you've been prescribed an antiviral medication for this issue in the past, it may be a good idea to be sure to have some on hand in the event you feel an eruption starting.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment

### Day of Treatment

- Arrive to the office with a "clean face" - washed and without makeup.
- In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.

### Within the First Hour of Treatment

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within

a few hours to a few days. If these symptoms last more than 3 days, please contact our office.

- As part of your aftercare we will provide you with an ice pack. Continue to ice at home for the next 3 hours as needed, 20 minutes on and 20 minutes off.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary. Avoid NSAIDS or products with ibuprofen (Motrin, Aleve, or Advil).

## **Within 6 to 10 Hours of Treatment**

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- To help alleviate bruising, we recommend the topical application of Arnica - a natural ointment commonly used to reduce bruising. You can find this in the natural foods section of your grocery store, or at local pharmacies.
- Minimize movement of the treated area(s). However, if there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks)
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser, such as Cetaphil or Dove bar soap to avoid additional skin irritation. Do not use cleansers that have abrasive exfoliants or other medical grade ingredients.

## **Additional Dermal Filler Aftercare Recommendations**

- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system, such as Skin Medica, ZO Skin Health, or Vi Derm Skin care line containing Vitamin-C can strengthen the skin and improve laxity and texture. Additionally, use of Tretonoin (or Retin-A) helps rebuild cells in the skin's epidermis (or top layer). Over time, Tretonoin can strengthen skin, improving firmness and resiliency. Medical grade skin care products with a minimum 0.5% Retinol will also produce these desired results.
- 98% of skin damage (aging, wrinkles, dark spots, and hyper-pigmentation) is caused by sun damage. Wearing sunscreen is critical to maintaining the look and health of your skin. Sunscreen should be re-applied after every 4 hours of sun exposure. Minimum 45 SPF recommended.

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