

Dissolve Filler Pre and Post Care Instructions

What to Expect

- During your treatment, your provider will inject a medication called Hylenex to the targeted area which causes the filler to break down and dissolve. Depending on the area being dissolved, your provider may first numb the area with topical lidocaine or lidocaine injections.

Pre-Treatment

- If approved by your primary care provider, please discontinue the use of blood thinning agents 10 days prior to your treatment to reduce the risk of bleeding/bruising. 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 can also increase the risk of bruising and should be avoided for 24hrs prior to your treatment.
- If desired you may take Arnica Montana, a natural supplement to help bruising.
- If dissolving lip filler, please notify your provider if you have any history of cold sores as we may 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.

Post-Treatment

- Swelling, bruising, and tenderness is expected and will subside after 2-3 days.
- Do not apply anything to the treated area the day of your treatment- no cleanser, moisturizer, or makeup.
- DO NOT massage, touch, or manipulate the injection site.
- Avoid alcohol for 48 hours after having dermal filler treatments.
- Avoid heavy exercise the day of your treatment.
- You may take acetaminophen/Tylenol if you experience discomfort after your treatment. we do not recommend the use ice packs, however if needed for swelling, ice packs may be used.

- Wait a minimum of two weeks (or as directed by your provider) before receiving any treatments of the treated area.

Date *

MM/DD/YYYY

Signature *