

Dermal Filler Pre and Post Treatment Instructions

Dermal filler is a great option for those wanting to add volume, shape, contour or hydration. During your appointment your provider will discuss your goals and determine which filler will be best for your desired look. It is a relatively painless procedure, with minimal downtime.

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 (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 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.
- Must not have recent dental work if having lip filler performed (within 14 days).

Post-Treatment

- Numbness may linger for several hours after your 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.

- Avoid dental work for 14 days after filler injections.
- Wait a minimum of two weeks (or as directed by your provider) before receiving any treatments of the treated area.

Please **CALL AND TEXT THE OFFICE IMMEDIATELY** at 480-336-9034 if you experience any of the following symptoms: dusky or white discoloration, mottling (marbled appearance) or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to the touch.

Date *

MM/DD/YYYY

Signature *