



COLLECTION OF FILLERS



# PATIENT CARE INSTRUCTIONS

## PRE-TREATMENT INSTRUCTIONS:

There is a risk of potential bruising, swelling, redness and tenderness at the injection site(s) with all filler products. While not completely unavoidable, these side effects can be greatly minimized by avoiding the following for 10 days prior to your appointment:

- All blood thinners such as Aspirin, ibuprofen, Excedrin and all NSAIDS.
- Fish/flax seed oil/Omega 3's, Vitamin E, Ginkgo, Ginseng, Garlic and turmeric
- In addition, please avoid alcohol 24 hours prior to your visit

Refraining from the above will help to limit bruising but not guarantee it. If you are concerned about bruising it is recommended to take an Arnica supplement 1-2 days prior to the procedure which is available for purchase at our front desk in both locations.

If you have a history of cold sores or a diagnosis of HSV (herpes simplex virus), you will need a prescription for prophylaxis prior to the procedure. Please call our office and we'd be happy to help arrange for a prescription.

**If you have an active cold sore for this appointment, your appointment will need to be rescheduled. Our injectors will not be able to treat you if you arrive with an active cold sore!**

**If you have received a COVID vaccine, we ask you wait a minimum of 4 weeks after your SECOND shot before being treated with filler. There have been instances of swelling (more than normal) if done sooner than 4 weeks.**

If you have major dental work scheduled within 2 weeks of this appointment, your appointment will need to be rescheduled! Examples of major dental work include tooth extraction, root canal, or gum surgery. A dental cleaning within 2 weeks of this appointment is of no concern.

Treatment is not recommended two weeks prior to a big event (i.e., wedding, family photos, etc.)

If you have any travel planned that involves flying, we ask that you schedule your filler appointment a minimum of 48 hours prior. If you are scheduled to fly less than 48 hours after your appointment, you will be rescheduled.

## WHAT TO EXPECT DURING YOUR TREATMENT:

- Topical numbing medication may be used to maximize your comfort during the procedure. Most patients report a mild discomfort typically associated with needle injections.
- To ensure an even correction, the practitioner may massage the treated area, which may cause temporary redness.

## POST-TREATMENT INSTRUCTIONS:

- If you experience bruising and/or swelling, you may try the following to lessen its duration:
  - First 24 hours: Gentle ice application for 10 minutes every hour
  - After 24 hours: Apply warm, moist heat to the area several times per day if bruising occurs
- Avoid exercise for 24 hours
- Avoid massaging the treated areas for 24 hours
- Avoid alcohol for 24 hours
- Avoid flying for 2 days
- Avoid invasive dental work for 2 weeks



### WATCH-OUTS

- It is normal to feel firmness and tenderness in the injection area(s) for the first few days. Over time, the area will soften, leaving you with a natural looking result.
- It is alright to take Tylenol for mild discomfort.



### TIPS & TRICKS:

- The numbing medication will typically wear off in about an hour. Use caution when icing and eating as your sensation will be altered.



### WARNING:

- Do not be alarmed if the area you had filled looks uneven or lumpy initially. This is due to swelling and or potential bruising and will resolve within the first week. Try to be patient.
- If you have a COVID vaccine scheduled within 4 weeks of your filler appointment, please call us so that we can reschedule!

**If you have any questions please do not hesitate to contact us at 608-836-4044**