

PRE/POST-TREATMENT INSTRUCTIONS-DERMAL FILLERS

Please observe the following before/after treatment with all dermal filler products:

If you have ever had a cold sore and are getting filler placed in your lips or around your mouth, let your injector know immediately. You will need to take an antiviral starting 3 days prior to your appointment, and for 3 days following your appointment.

- Do not drink from a straw for 3 weeks post lip filler
- If you are getting cheek filler, it is advised to sleep on your back if possible for 3 nights
- Immediately after the treatment, the most commonly reported side effects are temporary redness and swelling at the injection site. These effects typically resolve within two to three days. Bruising is also a possibility which can last a few days - a week. Cold compresses may be used immediately after the treatment to reduce swelling or possible bruising.
- If the swelling or bruising continues to worsen beyond two to three days, increased or severe pain develops, blanching (white) or purple/gray discoloration occurs, or if other symptoms occur, contact the office immediately.

- Avoid touching the treated area within 6 hours of your treatment. After that, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sunlamp, sunbathing). This CAN alter your results.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your physician about medications that may minimize a recurrence.
- Avoid exercise and alcohol for 24-48 hours after your treatment
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your clinician about recommendations for follow-up treatments.
- For one week prior to your treatment avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wort and high doses of Vitamin E supplements. These agents may increase bruising and bleeding at the injection site.

If you have any questions or concerns, please do not hesitate to contact our office at 651-432-4477.