



# FILLER

## PRE TREATMENT

- Avoid alcohol 24 hours prior to your treatment.
- Avoid blood thinners (e.g. NSAID's, fish oil, vitamin E, etc.) for 24 hours prior to treatments.

## POST TREATMENT

- The most typical side effects (bruising, swelling, redness) are temporary and will resolve. However, please call our office if you experience any additional side effects.
- Take Tylenol (Acetaminophen) for discomfort.
- You may apply a cool compress for 15 minutes each hour for swelling.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling and bruising.
- Avoid significant movement and massage of the treated areas. However, if there is a visible lump, you may gently massage the area.
- The treated areas may feel firm but will soften and settle with time, usually in a few weeks.
- You should sleep face up with your head slightly elevated.
- You may take Arnica and use Arnicare gel/cream for bruising and swelling. These products can be found at the pharmacy.
- Pineapple can help reduce the duration and severity of bruising. It contains an enzyme called Bromelain, which is found in the juice and stem of the fruit.
- Wait a minimum of four weeks before skin care or laser treatments.
- If you had injections around your mouth you should avoid dental procedures/cleaning for 2 weeks.
- If you had injections around your mouth and you develop a cold sore, you should take an antiviral medication.
- Dermal filler results are not permanent. Everyone metabolizes fillers differently and there are no guarantees how long they will last.