

Pre and Post Care Instructions

DERMAL FILLER

PRE-CARE

- Please plan your treatment to allow for several days or more of potential swelling, tenderness, and bruising.
- If you have an active cold sore/fever blister, canker sore, shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- No Vycross fillers (Voluma, Vollure, Volbella) are to be done within 2 weeks of any dental work or dental cleaning.
- If you've started any antibiotics or other medications since your initial visit, please let us know.
- Avoiding Advil, Ibuprofen, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment is best to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing them with your prescribing physician.
- Do inform your Master Provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems.
- Avoid drinking alcoholic beverages 48 hours before treatment to reduce the risk of bruising.
- To reduce the risk of bruising, consider taking over-the-counter Arnica supplements if not contraindicated with your current medication regimen (available online, at most supplement stores, at [Clinic Name], Whole Foods, etc). Start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- If you are having dermal filler placed to your tear trough please take an antihistamine (Claritin, Zyrtec, or Loratadine) for 3 days prior to treatment to help reduce post-treatment swelling.
- Women who are pregnant or breastfeeding cannot be treated.
- Patients actively undergoing chemotherapy or radiation treatment cannot be treated. Patients must be in remission for 12 months to be treated.
- If you have recently used the medication Accutane, it is recommended to postpone treatment until at least six months after stopping the medication.
- Tylenol will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol in a 24 hour period.

POST-CARE

- You might have some redness and swelling that should resolve within several days. Bruising may occur, and may last up to 14 days. Cold compresses/ice may be used immediately after treatment to reduce swelling. You may apply a cold compress to the area for several seconds at a time, up to 20 minutes per hour, and you may do this hourly for 3 days.
- Certain areas of the face such as the under eyes will swell more than others. Swelling and bruising may last several days to weeks. Call our office if you notice blanching (whitening of the skin) or have any other concerns.
- Do not manipulate, push, or rub injection sites within the first 48 hours.
- Exercise should be avoided within the first 24-72 hours as it may increase swelling.
- Your skin may be more sensitive during the first several days after treatment. Use gentle skin care products during this time, and wait 3 days before using harsher treatment products such as retinol, or AHA. Makeup and gentle cleansers can typically be applied several hours after treatment.