



## Fillers Patient Instructions

### ***Pre-Treatment Instructions:***

- 1) Avoid all NSAIDs for 10 days prior to your procedure. NSAIDs include: aspirin, Motrin, ibuprofen, Advil, etc. Avoid Vitamin E for 5 days prior to the procedure. These medications can increase the risk of bruising. If you have been prescribed one of these medications, ask your doctor before you stop discontinuing it.
- 2) Tylenol will not cause bruising. Unless there is a contraindication for taking Tylenol, it is preferable that you take Tylenol/acetaminophen for management of pain or fever.
- 3) Alcohol is also a blood thinner and should be avoided for 2 days prior to the procedure to minimize bruising.
- 4) If you have a history of perioral herpes simplex virus, your provider will recommend prophylactic antiviral therapy (e.g. 1 gram of Valtrex one hour prior to therapy), to prevent a break out.

### ***Post-Treatment Instructions:***

The most common immediate side effects include: localized redness, tenderness, swelling, and bruising. Again, if you experience a headache or pain after the topical numbing agent wears off, take Tylenol rather than a NSAID. Wait until any bruises have resolved to take any NSAIDs. You may continue to take Arnica Montana to help with any bruising or swelling.

### **For the Rest of the Day:**

- You may use cool compresses at home but please do not ice further. Icing too aggressively or too cold of an ice pack can damage the skin and even cause scarring.
- Refrain from vigorous exercise for the rest of the day (walking is acceptable).
- Do not massage or manipulate the treated area (including use of an ultrasonic brush). You can gently cleanse and moisturize your face. Although you may feel some bumps or firmness in the area treated, the material will soften over a few weeks.
- You may apply makeup as usual.

**For the First Two Evenings:**

- Sleep with your head elevated. Swelling is generally more noticeable 1 to 2 days after the procedure. Sleeping with an extra pillow, or in a recliner, will help to minimize the swelling. Notify us immediately if you have excessive swelling, pain (mild tenderness is normal), blotchy, bluish or dark discoloration in any area, or if any crust, scab or rash develops.
- Sleep on your back. The filler is soft and can get “pressed”.

**For the Next Week:**

- Avoid going into saunas, steam rooms, or hot tubs.
- Avoid applying heat to the areas (this includes receiving laser treatments). Heat may dissolve the filler.

Patient Name \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_