

Dermal Filler Before and After Instructions

Pre-Treatment

If possible avoid having dental work/cleaning, colonoscopy, or vaccinations for 2 weeks before AND after a filler treatment.

Attempt to schedule your filler 1-2 weeks before any special events to allow for possible bruising and swelling to subside.

If possible avoid aspirin, alcohol, ibuprofen, aspirin, and other blood thinners for 1 week before treatment.

Please let us know if you are on blood thinners prescribed by your physician but do not stop these without speaking to your prescribing physician.

Inform us if you have a history of cold sores on your mid or lower face so we can prescribe an anti viral medication to avoid a flare.

Consider adding Arnica over the counter supplement to help prevent bruising. You can find a topical and oral form of this at Whole Foods and start a day or two before the procedure.

Post-Treatment

After treatment areas may feel numb for up to 1 hour after treatment due to the anesthetic in the filler. Bruising, swelling, and tenderness typically lasts less than 1 week.

If there is blistering, drainage, prolonged pain or an abrupt change to the color of the skin please call the office asap.

Gentle ice and cold compresses can be used several times a day to help with tenderness and swelling. Avoid putting ice directly on the skin.

Sleeping with your head elevated for the first 48 hours helps with swelling, which will usually be worse in the mornings.

It is ok to apply sunscreen/makeup 1 hour after treatment.

Avoid heavy exercise or steam/sauna/hot showers for first 24 hours after filler.

If you had SCULPTRA, please massage the areas (as instructed) 3X a day for 2-3 minutes for 5 days to help avoid bump formation as new collagen is stimulated.

If you had ANY OTHER filler do not massage the area after treatment.