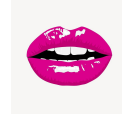


Injectable Filler Instructions



- Cosmetic fillers are long lasting but not permanent. Depending on the filler selected, the patient's metabolism and the location of injection, results can last anywhere from 6 months to 2 years. For most fillers, you should schedule a touch-up session in 6 months.
- Do not receive facial (including dental) procedures, within 4 weeks before and after receiving dermal filler injections.
- Avoid use of aspirin, ibuprofen/advil, aleve, herbal supplements (gingko, vitamin e, garlic, fish oil, st. john's wort, omega-3) and alcohol for 24 hours prior and post receiving injectable filler to reduce bleeding and bruising.
- You may consider taking Arnica Montana, begin use 1 week prior to receiving injectable filler (a natural supplement available over-the-counter) to reduce bleeding/bruising.
- Do not apply anything on the skin until the day after treatment: No cleanser, moisturizer or makeup!
- Avoid topical medicated and harsh facial products for 2 days prior and post receiving injectable filler.
- Do NOT massage or apply excessive pressure to the injected sites for 1 week post injections (No facials, No headbands, No hats).
- Avoid sleeping on your side or stomach for 3 days after receiving filler to avoid migration to undesired areas. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- Swelling, bruising, tenderness, numbness and areas of firm nodules may occur and are considered normal after receiving filler. Bruising is common and will resolve like other bruises, typically in 1 week or less but could last longer if you have recently been taking medications that would increase bruising.
- We recommend using Tylenol for mild pain relief. Ice packs are ok to use on treated areas in the first 12 hours post injection to reduce swelling.
- Wait a minimum of 4 weeks after receiving filler, prior to any facial, chemical peel, or laser treatments.
- Avoid vigorous exercise, as sweating could introduce bacteria into the injection sites, increasing the risk of infection.
- Do not expose your face to excessive heat/steam or pressured water from the shower head for 48 hours post treatment. This will decrease the chance of your blood pressure rising and thus decrease the chance of minor and temporary bruising.
- Initially the treated area may appear more plump, as this is expected swelling from the injections and is completely normal and safe. Full results of filler can take up to 4 weeks to unveil.
- It is recommended that you call the office no later than 4-5 weeks after treatment if desired effect was not achieved and no sooner to allow the filler time to settle.