



FILLER PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment.

PRE-CARE INSTRUCTIONS:

Please Do Not:

- Have filler if you are pregnant, breastfeeding, or are allergic to any of its ingredients
- Have filler if you have an impaired immune system due to immunosuppressive diseases, HIV, HTV, or immunosuppressive medications
- Use system steroids 1-2 weeks prior to treatment
- Have filler if you have been ill in the last 4 weeks
- Have filler if you have had any vaccinations/booster shots 2 weeks prior or are planning to have any 2 weeks after treatment
- Have filler if you have had any and dental cleanings or dental work 2 weeks prior or are planning on having any 2 weeks after treatment

Please Do:

- Inform your provider if you have any questions prior to the treatment.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your provider if you have any allergies to lidocaine or other anesthetics.
- Inform your provider if you have a history of keloid scarring.
- Avoid aspirin, NSAIDS, ginkgo biloba, garlic supplements, green tea, flax oil, cod liver oil, vitamins A and E, and essential fatty acids for one week prior to your treatment, unless directed by your doctor. Inform your provider if you are taking blood thinners or regularly take aspirin or ibuprofen. Check with your prescribing physician to ensure the safety of withdrawing these medications temporarily for cosmetic treatment.
- Avoid drinking alcoholic beverages 24 hours before (or after) your treatment to reduce your risk of bruising.
- Drink water and stay hydrated before your treatment. We recommend drinking half your body weight in ounces of water per day.
- Consider taking Arnica tablets 2-3 days prior to your treatment if you are concerned about potential bruising.
- Avoid sun exposure prior to treatment. Use SPF 30+ daily.

- Schedule appointments prior to special events with your provider so that you achieve the best results and are not in a recovery phase during your event.

Day of Treatment:

- Arrive with a makeup-free face, if possible.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.
- Numbing medication will be applied prior to treatment in the office. You may also talk to your provider about getting a prescription prior to your appointment for at-home numbing cream application.
- There is lidocaine mixed in with the fillers so please discuss any allergies to lidocaine or other anesthetic prior to being injected.
- If you have any concerns, please speak to your medical provider and they can advise you on ways to make you more comfortable.
- Expect mild tenderness or stinging during and following injection.
- Small areas of redness and focal swelling are normal. These usually subside within hours. Some bruising may also be visible.
- It is normal to feel some small lumps and bumps in the treatment area. These will smooth out over the next few weeks and can also be addressed at your follow-up appointment.

POST-CARE INSTRUCTIONS:

Positioning:

- If possible, sleep slightly elevated on your back for the first 24-48 hours to help reduce swelling.

Managing Discomfort:

- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- If you do experience any bruising, you may apply topical Arnica or take Arnica tablets to help decrease the amount of bruising.
- You may apply ice packs for discomfort and/or swelling.

Skin Care/Makeup Application:

- Resume your usual skincare routine immediately following the treatment.
- Resume makeup application the day after the treatment.

Exercise:

- Avoid vigorous exercise for 24 hours following procedure.

Sun/Light/Heat Exposure:

- Resume normal sun protection and SPF 30+ application.

- Avoid laser, IPL, or skin tightening treatments, facials, massage of the area for a minimum of 24 hours (or as directed by your provider) after injection.
- Avoid microneedling treatments for 2 weeks after treatment.

Follow Up:

- Please schedule a follow-up appointment 2-4 weeks after your treatment to review results with your provider.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you,

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