

**Before your DERMAL FILLER treatment:**

Have a consultation first to decide if you are a candidate. A plan will be discussed to give you the best results. Pregnancy and breastfeeding are contraindications. Let us know of any medical issues or allergies including to any topical numbing creams.

Stop taking blood thinning medications one week prior to your appointment to decrease the risk of bruising. Get your PCP for approval to stop prescription meds. OTC medications, vitamins and herbal supplements like Aspirin, Advil, Aleve, Motrin, cold and sinus relievers, garlic, ginkgo biloba, ginseng, Vitamin E and heavy alcohol & caffeine use should also be avoided the week before your appointment.

Inform us if you have a history of cold sores. An antiviral prescription can be prescribed for you to take.

Please avoid any major dental work for at least 2 weeks before appointment.

Arnica pills can be purchased (available at Whole Foods or other natural food stores) and be taken a few days before and after to help with bruising. Take as directed on packaging.

We have an in office prescription strength numbing that we apply prior to injections during the day of your appointment, please arrive with a clean face. Eat a light snack or meal before coming in.

**After your DERMAL FILLER treatment:**

Immediately after your treatment you may feel numb, swollen, firm or sore. Some tenderness and “firmness” may be present for 1-2 weeks which will soften and settle over time. You may take Tylenol for discomfort if needed. Avoid touching the treated area, and keep your hair and phone away from the treated area for several hours.

Bruising may be present immediately or appear later. Continue to take Arnica pills as directed on the package for a few days if desired. Ice packs will be placed in the office and can be continued after leaving the office using light pressure for 10-15 minute intervals. If needed, we have a quick laser treatment available to speed up healing. Call the office to schedule.

After 12 hours, you may wash your face with a mild cleanser. Arnica gel can be applied. After 24 hours You can continue to use your regular skin care. Make-up can be used the next day, but apply gently for 2-3 days.

Avoid excessive/strenuous exercise for the rest of the day. Normal activities can be resumed immediately. Avoid dental procedures for at least 4 weeks after filler treatment. Avoid extended UV exposure until any redness has subsided. Be sure to apply an SPF 30+ daily

If a lump develops, call the office for a follow-up appointment. There is a corrective treatment available. Please notify the office immediately of any extreme pain or other major concerns.

Some early loss of correction may occur during the first 6-8 weeks. This is normal and not unexpected. There are two reasons for this. First, the swelling caused by the treatment itself resolves. Second, the body absorbs the gel that is the carrier of the active product. A touch-up may be required to achieve optimal results. We can always add more Filler to give you the results you want to achieve. Schedule a follow-up in 2-4 weeks.