



Filler: Pre and Post Care Patient Instructions

Dermal Fillers are the #2 most popular aesthetic treatment worldwide. Fillers are placed in specific areas to help smooth and diminish deep facial lines and replace or add volume and fullness. Fillers also lift, plump, contour and decrease the signs of aging associated with hollowing and loss of facial volume. Fillers can last 6-24 months if HA based and up to 5 years if Bellafill®. Evidence has shown that having additional treatment before the filler product has fully dissipated will enhance the lasting effect. Please call us to inquire about touch-up treatments within 4-6 months following your initial treatment, or when you notice the product beginning to dissipate.

PRE TREATMENT:

- ★ For optimal results and to decrease the chance of bruising and bleeding at the injection site, please avoid optional blood thinning medications and supplements for 1 week prior to your appointment. This includes aspirin and NSAIDS such as such as ibuprofen/Motrin®, naproxen/Aleve® and acetaminophen/Tylenol® as well as high doses of vitamin E, omega-3 fish oil, curcumin/turmeric. Do not discontinue medications such as Coumadin and Plavix that are taken for a medical condition. Please note, while it is optimal to avoid blood thinning medication and supplements, it is not a contraindication for filler treatment.
- ★ If you have previously suffered from cold sores, there is a risk that filler injections near or into the lips can stimulate a recurrence. Please speak with your provider about medications that may minimize the occurrence of an outbreak.

- ★ Topical numbing cream may be used to increase your comfort during the procedure. Please notify your provider if you are allergic to any topical anesthetics, lidocaine, tetracaine, etc.
- ★ Arnica Montana homeopathic tablets can be administered up to one week prior to treatment to help reduce the risk of bruising and swelling at the injection site, we recommend 20C-30C potency.

POST TREATMENT

Possible temporary side effects include:

- ★ Bruising at injection site
 - Feeling of pressure and fullness at the injection site
 - A sensation of “numbness” or tingling at injection site
- ★ Immediately following filler injection, the most commonly reported side effects are temporary redness and swelling at the injection site.
 - Cold gel packs/ice may be used to reduce swelling.
 - Tylenol is recommended if needed for any pain.
 - Arnica topical gel is recommended to help reduce pain, swelling, and bruising.
- ★ To maximize your results after filler treatment:
 - Avoid touching the treated area for at least 6 hours and keep the area clean.
 - Gently wash the treated area and use only clean, fresh makeup and sponges.
 - Do NOT receive a facial or massage for the first 7 days following your procedure.
 - Do NOT use any electrical/mechanical facial device for 7 days following your procedure

It is possible that you may need additional filler or manipulation of the initial filler. For best results, manipulation should be performed within two weeks of initial injection. Follow directions for at home self-massage as directed by your provider, based on the type and location of filler used.

Please call your provider at (503) 692-2888 with any questions or concerns.