



Dermal Filler Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- Refrain from wearing makeup to your appointment.
- Avoid non-steroidal anti-inflammatory (NSAIDs), such as Ibuprofen and Aspirin, as well as ginkgo, fish oil, Vitamin E, and alcohol for at least 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anticoagulant and antiplatelet medications will also increase the risk of bruising and bleeding. Please discuss with your primary health care provider whether it is safe for you to hold these medications for 1 week prior to your procedure.
- Notify us if you have had any allergic or hypersensitivity reactions to lidocaine or gram-positive bacteria proteins.
- Bruising is ALWAYS a risk factor with treatments so please plan accordingly and allow a minimum of 2 weeks of recovery prior to your event.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Arnica tablets are recommended to reduce bruising. These can be begun 5 days prior to treatment. Follow directions for use on the packet or bottle.
- Pretreatment the night before your appointment with an antihistamine (Claritin, Zyrtec, etc.) can help decrease swelling.

Post-Treatment Instructions:

- Swelling after your procedure is normal. Apply an ice pack or cold compress to the injection areas to help reduce swelling. It is normal to have swelling for 3-4 days following your treatment, and this can cause your face to appear asymmetrical.
- Do not put any makeup or creams over the injection site for 8 hours to decrease the risk of infection.
- Avoid physical activity for 24 hours post treatment.
- Avoid manipulating and putting pressure on the injection area, including sleeping on the area. If possible, sleep on your back with your head elevated for 24-48 hours.
- Mild lumps and bumps are normal post dermal filler injection. These will settle over the course of 2 weeks. Avoid manipulating or massaging these areas.
- Continue to take Arnica tablets for 2-3 days following your procedure. You can also use topical Arnica gel. Follow directions for use on the packet or bottle.
- Avoid additional facial treatments and procedures for 2 weeks post-procedure.
- Please call us immediately for severe pain, skin blanching, or unnatural darkening of the skin at or around the injection sites. This is highly concerning for tissue compromise and constitutes an emergency.
- It is important to follow up two weeks after your procedure, so we can reassess the injection areas and address any concerns.

Side Effects:

- Potential side effects include: bleeding, redness, swelling, bruising, discomfort/tenderness, headache.
- If signs and symptoms of infection develop and persist (warmth at the site of injection, discharge/pus, pain/discomfort, fever) please contact us immediately so that we may assist you.

If you are concerned about an emergency, please call or text (541) 588-4252. If you are having symptoms of a stroke (vision changes, weakness or sensory loss on one side, speech difficulty, balance difficulty) please call 911 or go to your nearest emergency room.