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## Soft Tissue Filler Pre and Post Treatment Instructions

What you should know **BEFORE** your treatment with a dermal filler:

1. Dermal fillers are injected into the skin to soften creases and folds, support areas of volume loss, or contour specific facial areas.
2. Treatment with long-lasting fillers are safest when your body is healthy. Immune reactions are an added risk when you have a history of:
  - illness in the 4 weeks prior to treatment
  - chronic immune disfunction
  - vaccinations/booster shots, 4 weeks before scheduled filler treatment
  - dental cleanings or work done by a dentist in the 4 weeks prior to filler treatment

**We request a minimum of four weeks before and after the above listed items when considering treatment with filler.** Please plan your filler appointments accordingly and make sure to report this history to your provider prior to treatment with soft tissue fillers. If the above information applies to you, your appointment will be rescheduled.
3. You may experience a mild to moderate amount of aching sensation post injection, especially over boney areas.
4. Bruising at the site of injection is a commonly reported side effect. To minimize the risk of bruising, please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea and Fish Oil for a week before treatment. We also advise you to stop the consumption of alcohol and fatty fish for 2-3 days prior to your treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment.
5. When scheduling your filler appointment, please ensure that you do not plan to travel out of town for at least 48 hours after treatment.
6. Temporary swelling can be expected, which dissipates in the days following injections. Below you will find helpful ways of reducing the risk of bruising and swelling following your treatment.

What you should know **AFTER** completion of your treatment with a dermal filler:

1. It is very important that you minimize the risk of infection following your filler procedure. **Do NOT apply makeup or ANY skincare products (including lip balm) until the day after your treatment.**
2. At the time of treatment with a dermal filler, the puncture of the skin may lead to bruising and/or swelling. It may be recommended that you apply an ice pack immediately following treatment. **Please ensure ice is always clean.**
3. Skin will appear red in the areas of treatment. This usually subsides in the first 24 hours.
4. Post-procedure relief can be found with Arnica. You will be provided with a dose-pack of Arnica and instructions for use. Continue taking your Arnica capsules, as directed.
5. Avoid activities which may encourage vasodilatation the day of treatment. This includes heavy aerobic activity, hot showers/baths, and consumption of alcohol.
6. Try to avoid lying on the areas injected for the two nights immediately following your treatment.
7. **Do not massage or manipulate the areas of filler injections.** It is normal to feel 'firmness' in your injection area for the first several days after treatment. Over time, the area will soften, leaving you a soft natural looking result.
8. The treatment area may be gently washed 12 hours after treatment, avoiding aggressive scrubbing or rubbing.
9. Sunbathing, or excessive UV exposure should be avoided until the redness or swelling have subsided.
10. **Avoid dental procedures and immunizations for at least 4 weeks following your filler treatment.**
11. Immediately report any worsening or persistent symptoms or side effects to your provider.

Your follow-up appointment is a very important time for us to meet. **Please ensure that you plan to return to the office approximately 3-4 weeks following your injection date and avoid wearing makeup to this appointment.**

Thank you for entrusting your care to us. Your referrals are greatly appreciated.