

Pre and Post Care Dermal Fillers

Before Having Your Fillers!

Do..

- Understand your problem areas. Many of my patients come thinking that their nasolabial fold NLF (the fold between the cheeks and the nose) is too deep and asking to fill it. A careful examination and measurement of the face reveals that the cheek has significantly lost volume and so exacerbated the depth of the NLF. In this case we need to address the loss of volume in the cheeks before we treat the NLF.
- Start taking Arnica two days before your appointment. This is not mandatory, but it helps reduce the risk of bruising especially when doing lip fillers.
- Tell your doctor if you are pregnant or planning to get pregnant.
- Tell your doctor if you have any history of cold sores. Your doctor can prescribe you an antiviral prior to your treatment to limit any flare of your condition.

Don't..

Avoid taking any Over-the-Counter blood thinners one week prior to your treatment. Such blood thinners include Aspirin, Motrin, Aleve, or Ibuprofen. If you are on a prescribed a blood thinner, make sure to let your injector know to take all precautions.

Avoid over the counter supplements like St. John's Wort, Gingko biloba, primrose oil, garlic, ginseng, and Vitamin E. If you are on any, stop using them at least 1 week before your treatment.

Avoid topical products such as Tretinoin (Retin-A), Retinol, Retinoids, Glycolic Acid, or any "anti-aging" products. These can cause irritation to the skin, and increase risk of bruising or even infection.

Do not drink alcohol or caffeine 24 hour before your treatment.

After Having Fillers

Do..

Apply Arnica topically and/or continue to take oral arnica at home. This will help reduce chances of bruising. Eating pineapple can also help with bruising too!

Put an icepack on the injected area to reduce swelling. This is important especially on the first day after treatment.

If you have any pain, take Tylenol. If you have increased swelling or itching, try over the counter antihistamines like Zyrtec, Benadryl or Claritin.

You can start using your sunscreen and makeup immediately after, but you need to be very gentle while rubbing the area treated.

If you had cheek fillers, try to sleep on your back for the night. A good trick to help you stay on your back is to put your hair up in piggy tails. This way every time you try to turn to your side, your hair will stop you.

Don't..

- Don't rub the area treated unless instructed to.
- Avoid itching, or picking around the injection site.
- Avoid applying intense heat to the treated area, that includes hot tubs, saunas, sunbathing or tanning.
- Don't drink alcohol the day of treatment, and try to avoid it for 2 days after.
- Avoid exercising for 2 days or until swelling subsides.

What To Do Before Lip Fillers and Injections

In order to reduce the amount of bruising and swelling at the injection site, we recommend;

One Week Prior to Lip Injections

- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve.
- Avoid supplements, including St. John's Wort, Gingko biloba, primrose oil, garlic, ginseng, and Vitamin E.

2 Days Prior to Injections

- Avoid topical products such as Tretinoin (Retin-A), Retinol, Retinoids, Glycolic Acid, or any "anti-aging" products.
- Avoid waxing, bleaching, tweezing, or using hair removal cream on the area to be treated.
- Do start taking Arnica two days prior to the procedure. (This is not required, but it will help to lessen bruising.)

24 Hours Prior to Injections

- Do not drink alcoholic or caffeine beverages 24 hours prior.

General Recommendations

- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let your physician assistant know if you are prone.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.

The Day Of Treatment

- Arrive at the office with a "clean face"—washed and without makeup.

- In order to maximize your comfort during the procedure, a topical anaesthetic may be applied. You should purchase beforehand the EMLA numbing cream and apply a very thick layer a minimum of one hour pre the treatment.

What To Do After Fillers: The First Hour

- Apply an ice pack and Arnica topically—Arnica + Bromelain tablets are both natural supplements to reduce bruising. These are available for purchase in our offices.
- Take acetaminophen to reduce pain as necessary.
- Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.

How To Reduce Swelling After Lip Injections?

6 to 10 Hours After Treatment

- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.
- To help alleviate swelling, we recommend an antihistamine during the day, such as Zyrtec or Claritin, and Benadryl at night.
- If there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel “firmness.” These areas will soften and settle with time (usually 1-2 weeks).
- Sunscreen and makeup can be applied, and you may use a gentle cleanser on the area.

How To Reduce Bruising After Fillers

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- To help alleviate bruising, we recommend taking Arnica or Bromelain, eating fresh pineapple, and applying ice to the area.

Important Lip Filler Aftercare Notes

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discoloured blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Have severe or increasing pain