



Dermal Filler before and after care instructions

Pre treatment and after care

Do not use these products if you have a history of multiple severe allergies including bee stings or severe allergic reactions (anaphylaxis), or if you are allergic to lidocaine or the Gram-positive bacterial proteins used in these products.

- Avoid the use of Aspirin, Ibuprofen, St. John's Wort, or non-steroidal anti-inflammatory medications for 2 weeks prior to treatment. Do NOT stop taking Aspirin or any other anticoagulant treatment without your doctors' advice. This could result in life threatening adverse events.
- Avoid alcohol 24 hours prior to treatment.
- If you are under the care of a physician and are on a blood thinning medication such as Coumadin or Plavix, you will need to discuss with the prescribing physician the risk/benefit to receiving dermal fillers.
- If you bruise easily, the use of homeopathic Arnica Montana 2-3 days prior to the injection may be useful in reducing bruising.
- It is best to schedule dermal filler injections 3-4 weeks prior to important events.
- If you have a history of facial cold sores an anti-viral medication may be prescribed to reduce the possibility of an outbreak.
- Not recommended if recent dental work or surgery, prior to or within 2 weeks.
- Not recommended if recent vaccination prior to or within 2 weeks. For Covid vaccine, 4 weeks prior or post.

What are possible side effects of Dermal Fillers

The most commonly reported side effects with dermal filler treatments are injection site redness, swelling, tenderness, pain, bruising, lumps/bumps, discoloration, and itching.

Dermal Filler Post Procedure Treatment Instructions

- Do not use excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove. This may cause the blood vessels to dilate and cause more bleeding and bruising.
- Avoid strenuous exercise after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.
- Avoid direct sunlight for prolonged periods of time. Wear sun block to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising.
- If lips are treated avoid straw drinking immediately after your treatment and for 2 weeks.
- No massages of the area treated or with face in a massage cradle for 2 weeks after treatment.
- Avoid taking Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks after the procedure since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- Do not apply Make-up after the procedure for 12 to 24 hours.
- You may apply cold compresses or ice to the treatment sites to reduce swelling and bruising if instructed by your provider.
- We recommend Arnica Montana pills or gel to prevent bruising. These can be purchased in our office or at any health food store.
- Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.

When to Seek Medical Attention Immediately

- If you notice any skin rashes forming.
- If the swelling is not reducing, the treatment area is getting warmer, and pain is increasing.
- If you notice any increasing tenderness, whitening or blanching of the skin.
- Blisters forming.
- If you notice anything of concern at all.
- If you have any chest pain, dizziness, or you feel faint.

Social activities

- You may use mineral makeup 24 hours after the treatment.
- If you have upcoming events within 4 weeks of your treatments, be aware it can take up to 4 weeks for the full healing process. Skin dryness, and flaking can occur for up to 2 weeks after your treatment.

If you have any concerns or questions, please don't hesitate to contact NLHB on 406 581 8032.