

# FILLER

## PRE + POST CARE



### PRE-TREATMENT CONSIDERATIONS

- Book your filler when a few days of minor swelling or bruising won't interfere with work or social plans—every treatment can look a little different.
- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider.
- Alcohol is also to be avoided 24-48 hours pre- or post- injectable treatment, as it is also a blood thinner.
- We recommend discontinuing products containing retinols (Retin-A) 3 days prior to treatments to avoid increased redness and irritation.
- We recommend waiting at least 2 weeks before and after your dermal fillers to have any other cosmetic facial treatments, including laser, ultrasound, peel, facials, microneedling, microdermabrasion, etc.

### CONTRAINDICATIONS + WHEN TO RESCHEDULE

- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area. It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- Please notify your provider if you are pregnant, breastfeeding, allergies to components of dermal fillers, sores in areas to be treated.
- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. We will delay injectables if you:
  - Have had any infection, cold, virus, or flu in the past 30 days.
  - Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next two weeks.
  - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
  - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
- Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).
- If you develop a cold/flu, cold sore, blemish or rash, etc. in the area to be treated prior to your appointment, we recommend you reschedule your appointment until it resolves.

### AFTER YOUR TREATMENT

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. Apply the compress to the treated area for 10 minutes every 1-2 hours.
- You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort.
- Take Zyrtec, Pepcid, and Arnica twice daily for four days (or as directed by your provider) to help minimize swelling and bruising.
- Do not apply makeup or cream to treated areas for 24 hours after filler injection to help prevent infection.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If sun exposure is unavoidable, use SPF35 or greater.
- Avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid extreme heat and cold for 24 hours post treatment.

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- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. If you experience swelling, sleep with your head elevated for 2-3 days.
- Wait a minimum of four weeks before receiving any skin care or laser treatments.
- Wait two weeks (or as directed by your provider) before receiving any skincare or laser treatments.
- **Do not massage or manipulate the treated area for two weeks unless specifically instructed by your injector.**
- **For lip filler only:** avoid using straws and refrain from any intimate oral activity for two weeks.
- Do not take aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Motrin, Nuprin, Aleve, Celebrex, Fish oil, Gingko Biloba, St. John's Wort and vitamin E for 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Do not massage the treated area, unless instructed by your injector. Avoid excessive touching of the area.
- Do not undergo dental procedures (including cleaning) for at least 2 weeks after treatment.
- **Contact your injector IMMEDIATELY if you experience any of the following symptoms:**
  - Discoloration around injection site (blotchy red or white patches.)
  - Mottling or unusual bruising.
  - Severe or increasing pain in the treated or surrounding areas.
  - Increasing warmth or coolness to the touch.
  - Severe swelling, itching, blisters.
  - Difficulty swallowing or smiling.
  - Fever or Chills

**If you notice the onset of any of these symptoms, call us immediately at (267) 687-7436.**

**If you have any questions or concerns, please call or text Ari Blanc Medical Spa at (267) 687-7346.**