

# *Dermal Filler Instructions & Information for Patients* 260210

## PRE-TREATMENT INSTRUCTIONS

- **Avoid dental procedures or cleaning and Vaccinations for 4 weeks before your appointment.**
- Reschedule your appointment if you have a dental or sinus infection, are sick, have a rash, cold sore or blemish in the area.
- If you have a history of cold sores, ask for a prescription antiviral as the injections may contribute to a cold sore eruption.
- **Fillers are an extended appointment and must be cancelled 48 hours before the appointment to avoid a \$120-250 late cancellation fee.**
- For 7 days before your appointment, avoid anti-inflammatory or blood thinning medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, omega 3s, fish oil, ibuprofen, Advil, Motrin, Aleve and other NSAIDS.
- **Schedule your filler for at least 2-3 weeks before any important events.**
- Avoid alcoholic beverages for 2-4 days prior to treatment, as it may cause bruising. Avoid red wine for 2-4 days.
- Arrive at the office with a clean face and NO MAKE UP.
- You may not have fillers if you are pregnant or breast feeding.

## POST-TREATMENT INSTRUCTIONS

- **Avoid dental procedures or cleaning and vaccinations for 4 weeks after dermal filler.**
- Do not touch the area for 6 hours to reduce the risk of infection. Use a fresh pillowcase and towel. Disinfect your phone. No make-up for 24 hours. Use clean applicators and make-up brushes.
- Do not apply make-up over injections points until the day after the procedure. If you need to apply something for hydration to your lips, then please use Aquaphor with a clean cotton swab.
- Wash the treated areas with a gentle cleanser such as HK Foaming Cleanser or Cetaphil.
- Avoid applying pressure over the areas of treatment, especially for the first 24 hours. Avoid facial massage & treatments.
- Avoid exposure to heat (sauna, steam, sunbeds, hot showers, hot yoga, exercise) as this increases discomfort & swelling.
- Take acetaminophen or Tylenol for discomfort. Avoid aspirin or ibuprofen or Advil as they can increase bruising.
- If swollen, take a non-drowsy over the counter antihistamine, such as Claritin or Zyrtec, to minimize the swelling. Applying clean cool compresses to the treatment area helps to reduce swelling.
- Avoid drinking alcohol for a minimum of 12 hours as this may increase swelling and bruising.
- Some patients believe topical Arnica (natural supplements) can help reduce bruising. **DO NOT TAKE ORAL ARNICA.**
- Avoid exercise for 48 hours after fillers.

## What is NORMAL after Dermal Fillers

- Due to the lidocaine anesthetic in the gel, you may feel numbness or tingling which usually resolves within an hour.
- Bruising can occur and be visible initially and then more obviously the next day. It can take 7-14 days to fade. Often, we can perform a laser treatment on the bruise over the next few days which will speed up the fading process.
- You may have significant swelling to all areas of treatment after injections, especially to your lips. The filler can feel lumpy and firm. It will resolve. Swelling &/or lumpiness usually lasts a couple days but can last two weeks.
- Some people experience mild soreness or a dull ache over the treated areas for 48-72 hours.

## What is NOT NORMAL after Dermal Fillers

### CONTACT US IMMEDIATELY IF THESE RARE SYMPTOMS OCCUR

- Problems with your vision.
- Intense pain at or near the treatment area, beyond what you would expect.
- A cold or tingling area of your skin, not related to the ice pack.
- Pale or blanched skin, or dusky blue skin that does not look like a bruise.
- Discolored blotches in areas that were not injected.
- Rash, pustules or blistering of the skin.
- In urgent cases, an antidote is used to melt the filler and unblock an occluded artery. **It is important to act swiftly to prevent necrosis and scarring.**

After hours, please contact Dr. Kassardjian (949-584-3399), Dr. Klein (949-280-1070) or Michele (949-939-8017) or go to the nearest hospital emergency room. **THESE NUMBERS ARE FOR FILLER EMERGENCIES ONLY.**