

Filler Instructions

PRIOR:

- Avoid taking any aspirin containing products, NSAIDs (Ibuprofen, Naproxen, Motrin, Aleve), oral steroids, consuming alcohol, or herbal supplements containing; St. john's wart, ginseng, ginkgo biloba, garlic, ginger, vitamin E, fish oil for 3 days prior to the procedure as these substances increase bruising/bleeding at injection sites.
- If you have previously suffered from facial cold sores, there is a risk that the trauma from the needle punctures could contribute to a recurrent herpes simplex breakout. A preventative prescription antiviral medication, Valacyclovir (Valtrex) will be provided.

POST:

- To ensure even correction, the practitioner may massage the area treated which can cause temporary redness to the skin.
- Minimal to moderate swelling can be expected following treatment. This should dissipate following injection. Please contact the practitioner if you experience excessive pain, swelling persists or any discoloration is observed around injection sites.
- It is normal to experience some tenderness at the treatment site for a few days.
- An ice pack can be applied to injection site areas to minimize discomfort and swelling.
- It is normal to feel a "firmness" at the injection site/area for the first few days which will soften over time.
- Avoid exercise for 24 hours after treatment.
- Sun exposure should be avoided until redness and swelling have completely subsided.
- Makeup can be applied an hour after treatment.
- The injection area(s) may be gently washed a few hours after treatment: avoid aggressive scrubbing or rubbing.