



Soft Tissue Filler Pre and Post Treatment Instructions

What you should know **BEFORE** your treatment with a dermal filler:

1. Dermal fillers are injected into the skin to soften creases and folds, support areas of volume loss, or contour specific facial areas.
2. Treatment with long-lasting fillers are safest when your body is healthy. Immune reactions are an added risk when you have a history of:
 - illness in the 4 weeks prior to treatment
 - chronic immune disfunction
 - vaccinations/booster shots or tattoos/microblading 4 weeks before scheduled filler treatment
 - dental cleanings or work done by a dentist in the 4 weeks prior to filler treatment

We request a minimum of four weeks before and after the above listed items when considering treatment with filler. Please plan your filler appointments accordingly and make sure to report this history to your provider prior to treatment with soft tissue fillers. If the above information applies to you, your appointment will be rescheduled.
3. You may experience a mild to moderate amount of aching sensation post injection, especially over boney areas.
4. Bruising at the site of injection is a commonly reported side effect. To minimize the risk of bruising, please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea and Fish Oil for a week before treatment. We also advise you to stop the consumption of alcohol and fatty fish for 2-3 days prior to your treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment.
5. **When scheduling your filler appointment, please ensure that you do not plan to travel out of town for at least 48 hours after treatment.**
6. Temporary swelling can be expected, which dissipates in the days following injections. Below you will find helpful ways of reducing the risk of bruising and swelling following your treatment.
7. On the day of your treatment, **please come to the office without any makeup or products on your skin.** You will be thoroughly cleansed and disinfected prior to treatment.

What you should know **AFTER** completion of your treatment with a dermal filler:

1. It is very important that you minimize the risk of infection following your filler procedure. **Do NOT apply makeup, arnica gel or ANY skincare products (including lip balm) until at least 24 hours after your treatment.** Keep any bandages that your injector applied to the treatment area in place until the day after your treatment.
2. **Generally, ice is not recommended. If you bruise, you may use clean heat sources, being careful not to burn the skin.** Heat helps decrease bruising and clears the tissue of fluid/swelling.
3. Skin will appear red in the areas of treatment. This usually subsides in the first 24 hours.
4. Post-procedure relief can be found with Arnica. You will be provided with a dose-pack of Arnica and instructions for use. Continue taking your Arnica capsules, as directed.
5. Avoid activities which may encourage vasodilatation the day of treatment. This includes heavy aerobic activity, hot showers/baths, and consumption of alcohol.
6. Try to avoid lying on the areas injected for the two nights immediately following your treatment.
7. **Do not massage or manipulate the areas of filler injections.** It is normal to feel 'firmness' in your injection area for the first several days after treatment. Over time, the area will soften, leaving you a soft natural looking result.
8. The treatment area may be gently washed the day after treatment, avoiding aggressive scrubbing or rubbing.
9. Sunbathing, or excessive UV exposure should be avoided until the redness or swelling have subsided.
10. **Avoid dental procedures and immunizations for at least 4 weeks following your filler treatment.**
11. Immediately report any worsening or persistent symptoms or side effects to your provider.

Please see reverse side for details about common and expected side effects after filler injections.



Your follow-up appointment is a very important time for us to meet. **Please ensure that you plan to return to the office approximately 3-4 weeks following your injection date and avoid wearing makeup to this appointment.**

Common and expected side effects of filler injections include the following:

Swelling after filler

- Swelling may differ from side to side due to volume of injection, differences in cannula and needle trauma, bleeding at each injection site, and pre-existing facial asymmetry.
- Initial swelling takes at least 2 weeks to settle.
- Sleeping propped up and icing with a clean ice pack (5 minutes on, 15 minutes off) can aid in reducing swelling early after treatment.
- Avoid exercise for the first 48 hours.

Bruising after filler

- It is common for bruising to last 1-2 weeks, but deeper bruises can last up to 4 weeks.
- Bruising can be covered with a full coverage concealer, beginning the morning after injections.
- The lips and chin area are more likely to bruise because these areas are highly vascular.

Asymmetry after filler

- Asymmetry is typically related to swelling. Please allow 4 weeks for the filler to integrate into your tissue and for swelling to completely subside.
- Please keep in mind that once you start to analyze your face it is common to notice new asymmetries that have been there your entire life.

Lumps and bumps after filler

- The filler is going to feel firmer than your own tissue. Do not massage or manipulate the area.
- Lumps and bumps will improve within 4 weeks as swelling resolves, and the filler fully integrates into the tissue.
- If your provider uses Juvéderm Volux, it is common to feel bumps up to 6 weeks after injections due to product firmness.