

WHAT TO EXPECT for the day of dermal filler injections:

- Topical numbing cream is used to maximize your comfort. It may take 10-15 minutes for the cream to work. Local anesthetic is often mixed with the filler as well. Please report any history of Lidocaine reactions to your injector if you forgot to do so on your paperwork.
 - You may experience a mild amount of tenderness or stinging sensation following injection that may last up to a few days.
 - To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause temporary redness to your skin.
 - Bruising at the treatment site may occur, especially in the lower face. To minimize bruising, STOP taking all pain and anti-inflammatory medications except Tylenol. STOP taking all herbal supplements and vitamins. If you take blood thinners (Aspirin, Plavix, Coumadin) prescribed by a doctor, ONLY stop that with permission of your primary care doctor or cardiologist. You may also avoid alcohol 48 hours before and after your appointment.
 - Temporary swelling may be expected related to the area/s treated and the product/s used.
 - It may be normal to feel a "firmness" in your treated area(s) for the first few days after treatment.
 - This, again, may depend upon the area/s treated and product(s) used. Over time, the area(s) will soften and "settle", leaving you with a soft, natural looking result.
 - If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. It is recommended to tell your provider before or at the time the visit so you can be prescribed prevention medicine.
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POST-Filler CARE INSTRUCTIONS:

- Apply cool compresses to the area(s) treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin)
- You may begin wearing makeup once you have adequately cooled/iced the area(s) and any pinpoint bleeding from the injection site(s) has subsided.
- ****DO NOT RUB OR MASSAGE** the treated area(s) today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area(s).
- ****AVOID** strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take Tylenol if you experience tenderness or discomfort. Avoid Aspirin and Ibuprofen products as they may increase your potential to bruise.
- ****AVOID** drinking alcohol for a minimum of 12 hours and up to 24 hours post treatment as this may contribute to bruising and/or swelling.
- ****AVOID** extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area(s).
- We recommend you wait a minimum of 2 weeks before receiving any skincare or laser treatments.
- ****AVOID** any dental procedures for a minimum of 2 weeks before and after your filler injection appointment. If you had lip filler, avoid airplane travel for at least a week, ideally 2 weeks- to avoid increased swelling.

CALL YOUR INJECTOR, KAREN WITH ANY CONCERNS OR QUESTIONS
407-810-1704