



Northern Arizona Dermatology Center

FILLER PRE & POST TREATMENT INSTRUCTIONS

Pre-Treatment Requirements:

- Do not take aspirin or aspirin-containing products (such as Excedrin) 2 weeks prior to your filler appointment. Also try to avoid any ibuprofen products (such as Motrin, Advil), blood thinners high doses of vitamin E supplements, and fish oil at least 10 days before your appointment. These agents, along with alcohol, may increase bruising and bleeding at the injection sites. If needed, Tylenol may be taken.
- Notify your physician if you have previously had facial cold sores. A medication can be prescribed to help prevent a recurrence.

Post-Treatment Requirements:

- Avoid taking aspirin and ibuprofen type medications, high doses of vitamin E supplements, and fish oil for one week after treatment. These agents may increase bruising and bleeding at the injection sites.
- Avoid exercise for 24 hours after treatment.
- Avoid sleeping right after your treatment, for up to 4 hours after treatment.
- Avoid airplane travel and massages for 24 hours after treatment.
- Avoid using muscles that were injected for 1 to 2 hours after treatment.
- Ok to bring make-up to your appointment to use after treatment.
- Apply a cold compress for 10 minutes out of each hour for the first 4 hours after your treatment. This will help to reduce the swelling and bruising which is normal following your treatment with fillers that may last for several days. Sleeping on an extra pillow and on your back for a few nights can also help. To further reduce swelling and bruising, avoid exercise on the day of your treatment. Makeup may be used to cover up bruises.
- Swelling, redness, pain, bruising, and tenderness after your treatment are typically mild in severity and normally lasts less than 7 days. Contact your physician if you experience side effects beyond 14 days.
- Temporary lumpiness or asymmetry may be present and should resolve with time. During the first 3 days, do not massage the area. If there is a visible lump or bump in the area of your injectable filler several days following treatment, you may gently massage the area to distribute the filler. If there is a lump that you can feel, but not see, do not manipulate it as this is normal. Most bumps, if present, will resolve in the first couple weeks following treatment.

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