



## Filler Refinement

Filler Refinement improves visible signs of aging and redefines the contours of the face and neck to provide results that last for decades. The secret behind this innovative technique is the distribution of dermal filler to reestablish facial volume, enhance anatomical definition, and soften the creases of the face and neck line.

The following information will answer the most commonly asked questions regarding what to expect after treatment. It is highly advised that you read this packet **SEVERAL** times **BEFORE** treatment to adequately prepare for the recovery process. Those who follow these instructions faithfully generally have the best outcomes.

**Recommended Items to Purchase:** Arnica Montana, Bromelain, Ice Packs

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## Pre-Treatment Patient Care Instructions

1. To decrease the risk of bruising and swelling after injection, avoid anti-inflammatory and blood thinning medications/products for 10-14 days if possible. Common over-the-counter medications and products to avoid include aspirin, Vitamin E, ginkgo biloba, garlic pills, glucosamine, Omega 3/fish oil supplements, St. John's Wort, NSAIDS (ibuprofen/Advil/Motrin and Aleve/Naproxen), turmeric and curcumin supplements, and protein shakes.
2. Avoid consumption of alcoholic beverages 24-hours prior to treatment to decrease the risk of bruising and swelling.
3. Use of *Arnica montana* and/or Bromelain starting 48-hours PRIOR to treatment may decrease the risk of bruising and discoloration.
4. Discontinue topical Retin-A products for 48-hours prior to treatment, especially if your skin is red and irritated.
5. Schedule your appointment at least 2 weeks prior to special events. While noticeable bruising and swelling may take up to 1 week to resolve, please understand that it will take 2 weeks for treated areas to reach their final post-injection contour.
6. Reschedule your appointment at least 48 hours in advance if you have a rash, cold sore, or blemish outbreak in the area to be treated. If you have a history of frequent cold sores, please let Dr. Givens know PRIOR to treatment.
7. If you are pregnant or breastfeeding, you are NOT a candidate for filler injection. Dr. Givens will be happy to schedule you for treatment at a future time.
8. Eat a good meal and stay hydrated prior to your treatment session as this will decrease the chances of lightheadedness during treatment.



## Post-Treatment Patient Care Instructions

1. You may resume your normal bathing and skin care routine 3 hours after treatment. Topical Retin-A products may be resumed 48-hours after treatment.
2. Use Tylenol for discomfort. Cool compresses (ie, wash cloths dipped in ice water or cool gel packs) may be applied to the face and neck for 15-minutes at a time to help reduce swelling and discoloration. Do NOT apply direct ice as extremes of temperature can damage the healing tissues and result in an unsatisfactory outcome. Do NOT sleep with cool compresses on your face and neck.
3. Avoid strenuous activity and makeup application for 24-hours. Avoid consuming wine, beer, and other histamine-containing liquors for the first 48-hours after treatment—especially after lip injections as histamines significantly increase swelling.
4. Swelling and bruising increase for 2-3 days following surgery. Asymmetric or uneven swelling and bruising (ie, swelling and bruising that is more pronounced on one complete side or specific area of the face/neck) is both common and temporary. Use of cool compresses and head elevation is strongly recommended to help keep swelling to a minimum.
5. Avoid aggressive movement and massage of treated areas unless instructed otherwise by Dr. Givens.
6. No exfoliation (ie, superficial chemical peels and/or microdermabrasion) for 1 week after treatment.
7. An appointment for additional filler placement will not be scheduled for at least 2 weeks after initial injection. This time period allows for all bruising and swelling to subside prior to further treatment.
8. Monitor for significant swelling, extreme pain, cold sores/rash, and/or blanching of treated areas. If there is concern, please contact the office immediately at (737) 787 - 8200 to determine if further treatment is necessary.



## **The 14-Day Recovery Guide: What to Expect from Day 0 to Day 14+**

Dr. Givens strongly believes that patient education is key to a successful outcome. Below is an easy to follow **14-day Filler Refinement Recovery Guide** so that you will know what to expect during the healing period. It is important to understand that the provided timeline represents a general recovery time frame and cannot be guaranteed.

### **Filler Refinement Recovery: Week 1**

**Day 0 (Injection Day).** Once treatment is complete, a thorough review of your post-treatment care will be provided prior to your departure from the office. You may drive yourself home after treatment. Tylenol may be used for discomfort. Cool compresses and head elevation will help to decrease swelling and bruising. You may resume your normal bathing and skin care routine 3 hours after treatment. Avoid aggressive movement and massage of treated areas unless instructed otherwise by Dr. Givens.

**TYPICAL PATIENT THOUGHTS: “Woah—the swelling goes down right?!”**

**Days 1-4.** You may resume all activities and apply makeup. Most patients describe moderate discomfort, stiffness, and tightness rather than sharp pain. Swelling and bruising will increase on days 2-3, but will usually peak around day 4 before gradually resolving. Asymmetric or uneven swelling and bruising (ie, swelling and bruising that is more pronounced on one complete side or specific area of the face/neck) as well as numbness are common and temporary. Avoid consuming wine, beer, and other histamine-containing liquors for the first 48-hours after treatment—especially after lip injections as histamines significantly increase swelling. Use of cool compresses and head elevation is strongly recommended to help keep swelling to a minimum.

**TYPICAL PATIENT THOUGHTS: “Swollen/bruised—take it out! Everyone can tell. Do I cancel work? My face feels stiff.”**

**Days 5-7.** Most patients “turn the corner” between days 5 and 6. By day 7, a large amount of the post-operative swelling and bruising will have subsided. Temporary numbness/tingling, tightness, stiffness, and discomfort may persist but to a lesser degree. This is NORMAL. You must understand that this is NOT your final result.

**TYPICAL PATIENT THOUGHTS: “I’m starting to LOVE my result!”**

### **Filler Refinement Recovery: Week 2**

**Days 8-14.** You will still have some swelling/bruising around treated areas and may experience residual but temporary numbness, tingling, tightness, and stiffness. This is normal after filler placement and should not cause concern. By day 14, you will have your final result!

**TYPICAL PATIENT THOUGHTS: “I need more filler!”**



## **Conclusion: Summary on the Filler Refinement After Injection Experience**

1. Treated areas may appear swollen and lumpy with variable amounts of bruising or discoloration. Bruising and swelling increase for 2-3 days following injection and are often asymmetric/uneven. Remember, this is temporary and will subside to a large extent within 5-7 days. However, it will take a FULL 2 weeks for treated regions to reach their final contour.
2. Call the office if you experience a persistent temperature of 101°F or higher, sudden significant swelling or discoloration/blanching, unusual bleeding, extreme pain, persistent or worsening redness, discharge from the wound or other evidence of infection, cold sores, or development of any drug reaction. There is a 24-hour answering service available during non-office hours for urgent post-operative concerns.
3. Each patient will have a unique experience, and you should always follow the directions provided by Dr. Givens. Those who educate themselves before injection and follow Dr. Givens' treatment care instructions usually have the easiest recoveries and the best outcomes.
4. Most of all—BE PATIENT during the healing process. Remember, same day treatment does NOT mean same day recovery. Healing is a gradual process. It is normal to be impatient and feel discouraged while waiting for swelling, bruising, and discomfort to diminish. Allow yourself extra rest, a nutritious diet to promote healing, and avoid stress during your recovery.