

DERMAL FILLERS BEFORE AND AFTER INSTRUCTIONS

Patients who are NOT a candidate for dermal fillers include:

- A patient who is pregnant
- A patient who has an active cold sore/fever blister or skin infection
- A patient cannot be under the influence of alcohol at the time of treatment
- A patient who has had or is planning to receive the Covid-19 vaccination within two weeks of HA fillers
- A patient who has had or plans to have dental work of ANY KIND within two weeks of any fillers due to the risk of infection

Two weeks before treatment

Stop all blood thinning supplements and medications, including Aspirin. Some of these may include Fish oil/Omega 3, Flaxseed oil, and Vitamin E. These supplements will increase bruising and bleeding. As always, consult your doctor if you are on a prescription prior to stopping.

One week before treatment

Stop taking Ibuprofen products, these increase bruising.

Day before treatment

Please let the staff know if you have a history of cold sores/blisters before your treatment, so an anti-viral medication can be prescribed. Treatment cannot be done if you have an active cold sore or skin infection and will be rescheduled.

Day of treatment

If this is your first treatment, you must arrive 30 minutes before your appointment to take photos, sign consents, and to apply a topical numbing agent, if indicated.

Post-treatment

Bruising, lumpiness, and asymmetries are common and can last 7-14 days. Please plan your events accordingly. If indicated, your provider will massage the treated area to ensure a smooth, even correction. This massaging can leave a mild to moderate amount of redness. Swelling is also common. An ice pack can be applied to help reduce swelling which your provider will supply you with. Swelling usually dissipates within 48 hours after treatment.

Please contact our office if you experience any signs of blanching (a white or grayish color,) widely spread bruising of the treated area, increased pain, or fever. Please do not hesitate to ask any questions.