

DERMAL FILLER PRE & POST CARE – PATIENT INSTRUCTIONS

What Are Dermal Fillers?

Dermal hyaluronic acid fillers are versatile, and we use them to add support, restore volume, and minimize lines.

Pre-Treatment Instructions:

- We like to avoid placing dermal fillers within two weeks of your receiving vaccines or elective dental treatment.
- We avoid dermal fillers in pregnant and breastfeeding women.
- To minimize bruising, we suggest that you avoid blood-thinning medications and supplements for one week prior to your appointment. This includes:
 - Aspirin and ibuprofen (Tylenol is okay!). Please note: for those that take aspirin due to doctor's orders, please continue the medication.
 - Green tea, garlic, ginkgo biloba, Vit E, omega 3
 - Alcohol (sorry!)
- Let us know if you have a history of cold sores around the mouth (herpes) to receive advice on antiviral therapy prior to your procedure date. (Valtrex 500 mg BID, 5 days, start 2 days prior to treatment).
- If possible, come to your appointment without makeup. Do apply your sunscreen.

Post-Treatment Instructions:

- We are neurotic about cleaning your skin during the procedure. Afterwards, you still have tiny holes from the needle entry. For this reason, we ask you to avoid applying makeup after your procedure. You can apply the following day. Also, sanitize your phone before resting it against your face.
- A cool compress for 15 minutes each hour after treatment feels good and helps reduce swelling.
- A bit of tenderness and swelling are common after treatment. To reduce swelling, sleep with your head elevated and avoid excess salt. Take Tylenol (up to 1 gram every six hours) for discomfort.
- To reduce the risk of bruising after your procedure, avoid getting overheated (strenuous exercise, sauna, hot tub) for 2-3 days. Continue to avoid aspirin, ibuprofen, alcohol and blood-thinning supplements for a few days after treatment.

- If you develop a bruise, we recommend arnica (oral or topical). We also offer complimentary bruise treatments at our 2920 office with our wonderful aestheticians.
- If you have mottling of the skin or increasing discomfort, this could be an emergency. During office hours, please call or text us so that we can evaluate. If after hours, please call 281-404-5454 and listen to the prompt to get in touch with us after hours.
- Return at two weeks so we can see how you are doing and make adjustments as necessary.

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