

Patient Name: _____ **DOB:** _____

Post-Treatment Instructions – Injectable Fillers

- Avoid aspirin, ibuprofen, ginkgo biloba, garlic, flax oil, fish oil, St. John's Wort, vitamin A, vitamin E, or any other essential fatty acids at least 3 days to one week before and after treatment. This will reduce the risk and severity of bruising.
- Minimize alcohol, caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. These may delay the healing process.
- After your treatment, you may experience some redness and swelling. This will normally last less than 7 days. Cold compresses should be used immediately after treatment to reduce swelling. If the redness or swelling continues beyond 7 days or if other reactions occur, please contact our office at 410-427-5555.
- Swelling causes the tissue to feel firm. The tissue will soften over the next couple of days as the swelling dissipates.
- Bruising is normal and varies on an individual basis. One side of your face may heal faster than the other.
- Avoid touching the treated area within 8 hours following treatment. After that time, the area can be gently washed. Do not press, rub, or manipulate the implanted area for one week after treatment. Avoid facials and facial massages for one week.
- Sunbathing and outdoor activities should be avoided until the redness and swelling disappear.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Consult your physician prior to your treatment.
- Avoid exercise for a few days after treatment. Relax and give yourself time to heal.
- Use of topical and/or oral Arnica may be used as directed before and after treatment.
- Having a follow-up treatment before the product has fully dissipated may enhance the lasting effect. Consult your physician.