



Dermal Filler Pre and Post Treatment Instructions

Pre-Treatment Considerations

- Schedule your dermal filler (Juvederm, Restylane) and neuromodulator (Botox, Dysport) appointment at least 2-4 weeks prior to any special events (weddings, vacations, etc.) you may be attending.
- Reschedule your appointment at least 24 hours in advance if you are sick, have a cold, a cold sore is present or have a rash on the area to be injected.
- If you have a history of cold sores, let your provider know. Your provider may prescribe an anti-viral medication prior to treatment.
- Some patients become lightheaded during injectable treatments. Arriving for your appointment well-nourished and hydrated helps to decrease the chances of lightheadedness.
- Arrive for your appointment with clean skin when possible.
- Do not schedule your filler appointment within 2 weeks of any dental work or immunizations

Two weeks prior to treatment:

- Avoid anti-inflammatory/blood thinning medications, if possible, for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
 - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any pain management you may need prior to your treatment.
- Do not have any type of dental appointment 2 weeks prior to your filler appointment.

Two days prior to treatment:

- Take Arnica to help with possible bruising and swelling.

One day prior to treatment:

- Eat fresh pineapple or take a bromelain supplement for anti-inflammatory benefits!
- Do NOT consume alcoholic beverages - especially red wine - at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)



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Following your treatment:

- Avoid lying flat or bending far forward for 4 hours after receiving Botox/Dysport.
- Avoid significant movement or massage of the treated area unless instructed to do so by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Continue avoiding anti-inflammatory/blood thinning medications, if possible, for a period of one week after treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve) and other NSAIDS have a blood thinning effect and can cause prolonged bleeding, bruising and swelling after injections.
 - If you have medical concerns or questions regarding the stopping of any of these medications or supplements, please consult with your prescribing physician.
- You may take Tylenol (acetaminophen) for any discomfort.
- Sleep face-up and slightly elevated if you experience any swelling.
- Take Arnica to help with any bruising and swelling.
- If you receive under eye filler, do not wear goggles for two weeks after injections.
- Do not have any type of dental appointment or immunizations 2 weeks after your filler appointment.

What to Expect:

- Bruising and swelling are always possible with injectables and may be apparent for 2-4 weeks.
- Results from neuromodulators (Botox, Dysport) injections will take 14 days for full clinical outcome.
- Most fillers have an immediate outcome along with some swelling.
- Skin redness and tenderness is expected. If you experience extreme pain, call our office!
- You may experience possible "lumps" from filler – this will most likely subside. Lumps are something that you may feel – but they are not visible. If they are bothersome, make a 2-4 week follow-up appointment with your provider to massage the filler site.

Please call our office if you have any questions or concerns.