

FILLERS PRE- AND POST CARE (PAGE 1 OF 2)

Pre-Treatment Instructions:

Avoid alcohol the day prior to injection to prevent bruising from occurring due to the blood thinning effects of alcohol.

Avoid anti-inflammatory and blood thinning medications for 2 weeks prior to treatment. Such medications include aspirin, NSAIDs (Ibuprofen, Naprosyn, Aleve), Vitamin E, Gingko Biloba, St. John's Wort, Coumadin/warfarin, Pletal, Aggrenox, etc. It is recommended that you speak to your physician before discontinuing these medications prior to doing so however.

Avoid strenuous exercise the day of injections.

Schedule injections so they are not within 2 weeks of a special occasion/event in case of bruising.

Schedule injections so that they are not within 2 weeks of any significant dental work or vaccine injections.

Begin taking Arnica tablets, 5 pellets three times a day, 2 days prior to injection. Continue the day of injection and 2 days after. You can continue them as long as needed for bruising and/or swelling.

Reschedule if you have a cold sore, blemish, or rash on your face in the area to be injected.

Review our bruise prevention protocol for further recommendations.

On the Day of Treatment:

Filler is injected into the skin to soften wrinkles or folds to add volume.

Local numbing medication or ice may be used to maximize your comfort during the procedure. Most patients report a mild discomfort typically associated with needle injections.

To ensure an even correction, your provider may massage the area which could cause a temporary amount of redness or bruise to your skin.

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Post-Treatment Instructions:

Application of an ice pack or cold compress to the injection area after treatment may help reduce swelling and/or bruising.

It is normal to feel “firmness” in your injection area for the first few days after treatment. Over time, the area will soften, leaving you with a natural looking result.

Bruising at the site of injection is a commonly reported side effect.

For the first 7 days, sleep ON YOUR BACK with an extra pillow to keep the head slightly elevated with pillows on each side as well. At the very least, do not sleep so that you are pressing on the area that was just injected for a week.

DO NOT get a massage or have a procedure where you will be putting pressure on the treated area for the next week.

It is normal to experience some tenderness at the treatment site for a few days.

Avoid touching the area for a minimum of 6 hours after treatment. Then you can gently wash the area.

Avoid exercise and alcohol for 6 hours post treatment. This is to minimize the chance of you pressing on the filler and to help prevent bruising.

For buttock treatment, there should be no significant lower extremity or aerobic exercise, no submerging the area under water, no heat exposure and you must NOT sleep on their back for 2 weeks.

Sunbathing or excessive UV exposure should be avoided until any redness or swelling has subsided.

Makeup may be applied immediately after treatment if no complications are present and using gentle application.

If you were taking Arnica prior to your injections, continue to take 5 pellets 3 times a day today and for the following 2 days.

Immediately report any concerns such as worsening, persistent symptoms, pain, whitening of the area surrounding the injection spots or any other side effects to RejuvenationMD.