

## Injectable Dermal Filler Pre & Post Treatment Care

### Pre-Treatment Planning:

- You may bruise with the injections and there will be some post injection swelling. Therefore, you may like to purchase **Arnica gel** to help with swelling and bruising. We sell in our office. You may also like to purchase Arnica tablets to begin taking just prior to treatment. See your local pharmacy.
- If you take fish oil, vitamin E, omega 3 fatty acids, flax seed caps, aspirin, Advil, Motrin, Alive, ibuprofen, these can increase your risk of bruising, if possible stop using these, 3-4 days before treatment and wait 24 hours AFTER treatment to resume use.
- If you have a history of cold sores and will be getting injections around where you get outbreaks, start your prescribed antiviral medication the night before treatment.
- If you have a cold sore, are sick, your skin has an infection or is inflamed you will need to reschedule your treatment. Please call 24 hours before your scheduled appointment to avoid being charged a cancellation fee.

### Post Treatment:

- Immediately after treatment there may be some redness, swelling, tenderness, needle marks or bruising, firmness in the treated area. Apply Arnica to these areas. And/or take Arnica tablets.
- Any remaining numbness will wear off in 30 minutes post injection.
- Do not massage, rub or press on the injection areas, for 24 hours.
- Do not exercise until the following day. An easy walk is fine, no power walking, no yoga...
- Do not lie down for 6 hours post treatment
- Sleep with your head elevated on 2 pillows the first night to help with swelling
- No alcohol for 24 hours following treatment
- Try to drink water regularly through the day following treatment – 6-8 glasses of water
- Make-up, concealer may be applied the following day
- If you stopped medications that increase the bleeding and bruising risk the medications can be restarted 24-48 hours after treatment
- Gentle skin care the first two days following treatment. No Clarisonic Brush use for 48 hours, no facials or waxing for 10 days post treatment
- **LIP INJECTIONS:** Swelling may make the area feel large and look uneven. Swelling will decrease over one week. This is normal. Lips can take longer than other areas for the swelling to resolve
- **UNDER EYE AREA:** Swelling and some bruising can be expected following injections. Keeping your head elevated when sleeping may help clear this swelling and concealer may be applied over any bruising or needle marks
- **Always call our office with any questions or concerns 310-370-9970**