

FILLER Instructions

- This treatment is not recommended if you have an important event within 3-4 weeks of injection, secondary to the potential for bruising and swelling.
- Avoid the following for one week before and after injection: Aspirin, NSAIDS (Ibuprofen), Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids.
- Tylenol is fine.
- Do not touch, rub, or manipulate injection sites for the first 24 hours following treatment.
- Lumps in the injected area are normal and typically dissipate over the next several weeks. These lumps may be gently massaged if your injector has instructed you to do so.
- Continue to ice or use cool compresses without pressing on the injected areas for the first 48 hours, as recommended by your injector.
- Sleep with head elevated for the first 1-2 nights, depending on level of swelling and bruising.
- Avoid vigorous exercise and heat for 3 days.
- It is best to avoid make-up for the first 12-24 hours.
- Bruising in the area injected is normal and expected, especially if treating around the eyes. Bruising usually lasts one week but can persist longer. Eating pineapple and/or taking Arnica may help decrease the amount of bruising.
- Do not apply products that are potentially irritating for 2 days (Retin-A, glycolic acid, benzoyl peroxide, hydroquinone, etc).
- Avoid intense heat (sunbathing) or extreme cold for the first 2 weeks to avoid further inflammation in the injected area.
- Touch-ups may be done in 1-2 weeks if needed; however, waiting 6 to 8 weeks is ideal.
- Avoid lasers and skin tightening treatments for at least 2 weeks, especially treatments that create heat in the dermis.

Please call our office during normal business hours if you have ANY questions or concerns.