**Dermal Filler Instructions**

*Juvederm & Restylane Products (Hyaluronic Acid filler)*

**Pre-Treatment Instructions:**

-Bruising at treatment site(s) may occur. To minimize bruising, inform your provider if you use blood thinning prescriptions or supplements, please inform your provider prior to treatment. These include, but are not limited to: aspirin, ibuprofen, Aleve, naproxen, NSAIDs, Meloxicam, St. John’s Wort, turmeric, Omega 3’s (fish and flax seed oil), Ginkgo Biloba, Garlic, Ginseng, Vitamin E, and CoQ10.

-Let your provider know if you have an allergy to lidocaine or have ever had an adverse event with prior filler injections.

-Let your provider know if you are on any antibiotics or medications for any current, or recent illness.

-Let your provider know if you are prone to keloids, or hypertrophic scarring.

-If you are prone to or have a history of cold sores, please discuss taking Valtrex post injection with your provider.

-Arnica Montana oral tablets can be taken prior to your treatment, and several days after your treatment, to prevent bruising and swelling.

**WHAT TO EXPECT during your filler treatment:**

-Local numbing by small injections or topical numbing cream may be used to maximize comfort during the procedure(s).

-You may experience mild tenderness or stinging sensations following injections.

-To ensure a smooth result, your provider may massage the treated area(s), which may cause temporary redness in the skin.

-It is normal to experience some tenderness and/or soreness at the injection site(s) that can last from a few hours to 2 weeks post treatment.

-It may be normal, with certain fillers, to experience some firmness in the areas treated. This can last typically for 3-5 days post injections. This also depends upon the area(s) treated and products used. Over the next several weeks, the product will “settle” and soften to give a natural-looking result.

-Lumps and bumps may occur in the treated area(s) after injection(s). These are normal and can last up to 2 weeks post injection. If these last longer, or are bothersome, please contact your provider.

**POST TREATMENT INSTRUCTIONS:**

-After treatment, your provider will provide a cold pack. Gently apply cold compresses, or a wrapped ice pack, to the treatment area(s) for 10 minutes every hour at minimum. This reduces swelling, bruising, and discomfort. You can ice intermittently for a few days post injections. Avoid direct pressure and ice/frozen packs directly to skin.

-Temporary minimal to moderate swelling may occur after your injections, depending on the product used, technique, and area(s) treated. Swelling can last from 24 hours to 2 weeks post injections.

-Arnica Montana topical cream/gel/balm (without pain relief) can be applied topically post injections to help reduce bruising.

-Sleep: Sleep with an extra pillow to elevate your head to help with swelling. Also, lay on your back if possible.

-Bruising can occur and last up to 7-14 days post injections. It is important to avoid the following for 72 hours post-treatment if bruising is present: aspirin, ibuprofen, Aleve, naproxen, NSAIDs, Meloxicam, St. John’s Wort, turmeric, Omega 3’s (fish and flax seed oil), Ginkgo Biloba, Garlic, Ginseng, Vitamin E, or CoQ10.

-Bromelain can be taken to reduce inflammation and swelling.

-If treating the temple region, you may temporarily feel pressure in the area, or experience a headache.

-AVOID smoking for 48 hours after treatment.

-FOR LIP FILLER PATIENTS: AVOID smoking for 48 hours after injections. Avoid hot liquids, spicy foods, and straws for 48 hours after injections. Be very gentle with contact to the area. No lipstick or ChapStick for 24 hours after injections. No lip plumpers for 2 weeks after lip filler.

-HAND FILLER PATIENTS: AVOID wearing jewelry for the next few days after treatment, or until swelling is completely gone.

-MAKEUP: You may wear makeup 24 hours after injections. Injection sites are still open, and you want to avoid any risk for infection.

-AVOID touching, rubbing, scratching or massaging the injection sites. Avoid using washcloths, exfoliants, scrubs, Clarisonic, NuFace, and Derma rollers for 2 weeks after injections.

-AVOID excessive movement of the treated area(s) for the first 2-3 days.

-AVOID any strenuous activities and exercise for 24-48 hours after treatment. AVOID activities that make you warm/sweat, avoid steam, hot showers, sauna, and cooking over a stove as well. STAY COOL.

-You may take acetaminophen/Tylenol products for any discomfort.

-AVOID drinking alcohol for 24 hours after treatment, as this may contribute to bruising and swelling to the treated area(s).

-You may take Claritin, Zyrtec or Benadryl (over the counter) for swelling and inflammation. AVOID salty foods for 24 hours as these increase the risk of swelling/inflammation.

-AVOID extended UV exposure and tanning beds for 48 hours after treatment, or until any redness and swelling has subsided. Apply spf 30 or higher sunscreen to the treated areas as directed by your provider.

-AVOID retinol/Retin-A and products containing acids (glycolic, lactic, salicylic) for 1 week after treatment.

-We recommend you wait a minimum of 2 weeks before receiving any skincare, laser, massage, facial or chiropractor services.

- AVOID any dental or vaccine appointments for 2 weeks after filler treatment.

-Results may vary between each individual. Although excellent results are expected, with the focus on improvement, not perfection, every person is unique. Additional treatment(s), and treatment modalities, may be necessary to achieve the desired level of correction.

**ADDITIONAL INSTRUCTIONS:**

Please call you the office and/or your provider immediately if you experience ANY of the following:

-Increasing pain or new pain that did not occur after injections

-Significant redness and/or swelling, or swelling that worsens

-Significant bruising, or areas of the skin that appear blanched (white), dusky, or deep purple areas at or around the injected areas.

-If the areas injected become warm or hot to touch, inflamed, and a low-grade fever over 100.5F is noted.

**Remember, if you have any questions or concerns, at any moment, please call your provider or the office at (713)467-4007.**

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Patient Printed Name Date

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Patient Signature

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Provider Signature Date