



## **HYALURONIC ACID FILLER POST-CARE INSTRUCTIONS**

### **PRE-TREATMENT INSTRUCTIONS**

- Allergy to lidocaine is a contraindication for hyaluronic (HA) Filler. If you have a lidocaine allergy you are NOT a candidate for this treatment.
- To avoid bruising: For optimal results and to decrease the chance of bruising at the injection site, please avoid all blood thinning medications and herbal supplements for 1 week prior to your HA Filler appointment. Avoid taking Aspirin and other non-steroidal anti-inflammatory medications (NSAIDS) such as Ibuprofen, Motrim and Aleve. In addition, very high doses of some Vitamins and supplements can thin your blood and increase the chance of bruising (such as Vitamin E, Fish Oil, Flax Seed Oil, or Omega-3 Fatty Acids). Please notify your provider if you are taking Coumadin, Plavix, or any other blood thinners for a medical condition.
- History of cold sores or fever blisters: There is a risk that HA Filler injections near or into the lips can stimulate a recurrence. We may recommend prophylactic antiviral therapy in the form of Valtrex® or Acyclovir. If so, please inform your doctor prior to any injections.
- During your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.
- No facials, facial massages, or laser treatments for 2 weeks after the HA Filler treatment. Most facials, chemical peels, laser, and light-based treatments may be done immediately prior to the HA Filler treatment. Neurotoxins may be injected immediately before or after HA Filler.
- Do not drink alcohol immediately before your injection.

### **POST-TREATMENT INSTRUCTIONS**

- Immediately following the procedure: the most reported temporary side effects are temporary redness, swelling, bruising, tenderness, tingling, numbness, lumpiness, and/or a feeling of pressure or fullness at the injection sites and/or in the treated area(s). Cold gel packs/ice may be gently applied immediately after treatment to reduce swelling.
- To avoid bruising: avoid alcohol consumption for a minimum of 6 hours after the injection. Refrain from taking blood thinners such as Aspirin and NSAIDS for several days. If you are taking blood thinners for a medical reason, please your provider knows prior to the injection. Do not stop taking the blood thinners unless advised by a doctor.
- Tylenol is recommended if needed for discomfort.

**To maximize your results and prevent adverse effects:**

- Avoid touching or scrubbing at the injection sites for 4 hours after treatment.
- HA Filler may be malleable for the first 2 weeks; to keep the HA Filler where our providers have placed it, sleep on your back and avoid rubbing the treated area for 2 weeks.
- Avoid direct high heat (blow dryer, sun exposure, sauna, steam room, very hot shower, hot yoga, strenuous exercise, etc.) for 24 hours after treatment.
- Makeup may be applied immediately after treatment if desired.
- After treatment to lips: the lips may become swollen and look somewhat uneven or lumpy. This can persist for 3-14 days. If symptoms persist beyond 14 days, please contact our office for a follow up appointment.

#### **Follow up Appointment:**

- If the desired level of correction has not occurred by day 14, additional HA Filler may be needed. Please call our office to schedule an appointment if you would like more filler.
- Please note: Additional treatment will be charged at the current HA Filler price.

#### **Combination Therapy:**

- HA Filler fills areas of lost volume; however, it does not prevent muscle movement or resurface the skin.
- HA Filler lasts 6-24 months on average. It is not necessary to wait 6-24 months to return for treatment; you may return for your next, and/or additional, HA Filler treatment as soon as you would like more volume correction in any areas of concern.