

The Center For Women's Aesthetics

In order to lessen the risk of bruising or complications after your filler appointment, please follow the instructions listed below.

PRE-DERMAL FILLER INSTRUCTIONS

- Be sure to eat within two to three hours prior to your appointment.
- Avoid taking aspirin, or anti-inflammatory medications (Motrin, Aleve, Advil, Meloxicam, etc.) for one week prior to your appointment, if possible. It is fine to take Tylenol if needed.
- Begin taking Arnica Montana tablets two to three days before your appointment and continue for several days afterwards. It can be purchased on Amazon or at Whole Foods in the supplement section.
- Avoid drinking alcohol the night before your appointment as this has a blood thinning effect and can increase the chance of bruising.
- Please notify the office ahead of time if you have a history of fever blisters.
- Swelling can last for up to several days and may alter the look of your filler until it resolves. Remember that it will take two to three weeks to see the final results of your filler and if any touch ups are needed, you must wait at least three weeks.

POST-DERMAL FILLER INSTRUCTIONS

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.
- **DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT:** No cleanser, moisturizer, or makeup.
- **DO NOT** massage, touch, or manipulate the injection site unless instructed to do so by your provider.
- Ice packs may be used in the treated area during the first 12 hours. Ice for 15 minutes every hour if needed to decrease swelling or bruising.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 48hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use two pillows.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- It is normal to have some mild tenderness, swelling, or bruising anytime you are injected but do not hesitate to notify the office or after-hours number immediately should you have any unusual pain, excessive swelling, redness, bruising, itching, blisters, paleness around the injected sites, fever or chills.