



Concierge Family Medicine & Aesthetics

## **DERMAL FILLER**

### **Pre- Treatment Instructions:**

Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).

Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injection. Consult with your physician prior to discontinuing any prescription medications.

Schedule your appointment at least 2 weeks prior to any special event that you may be attending. This will allow your treatment results to settle and take full effect as well as allowing any potential bruising/swelling to resolve.

Avoid using products that can be irritating to the skin 2-3 days prior to your treatment (Tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone).

If you have a history of cold sores please let your provider know. You may be prescribed an antiviral medication prior to your treatment.

Do not schedule your dermal filler appointment within 2 weeks of having dental work/cleaning, a flu shot or other immunizations, or any recent infection including sinus infections.

Please do not wear makeup to your appointment. If that is not possible we will have you wash your face prior to treatment.

You are not a candidate for treatment if you are pregnant or breastfeeding.



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## **Post Filler Instructions:**

You may experience some mild swelling, tenderness, itching, pain, or bruising at the injection sites and rarely, pustules may form. These reactions usually only last a few hours to a few days, however, they might last for as long as two weeks and, in appropriate cases, may need to be treated with a short term oral corticosteroids or other therapy. Please notify our office if you experience any extreme pain, tenderness or bruising at or near the injection site.

Some visible lumps may occur temporarily following the treatment. Do not massage the treatment area as this could increase swelling or bruising. If desired, you may place pressure directly over a lump or bump that is noticeable or forms as a result of chewing, talking, etc. It can take up to 2 weeks for the filler to fully integrate into your tissue.

You could experience increased bruising or bleeding at the injection site if you are taking aspirin or other nonsteroidal anti-inflammatory medications such as Ibuprofen. These reactions generally lessen or disappear within a few days but may last for a week or longer. Unless prescribed by your doctor, it is recommended that you try to avoid these medications for several days after treatment.

If you are considering a laser treatment, chemical peel, or any other procedure based on a skin response after treatment, or if you have recently had such treatments and the skin has not healed completely, there is a possible risk of inflammatory reaction at the injection.

After treatment, within the first 24 hours you should avoid activities that can cause facial flushing including consuming alcohol, exercising, or tanning.

Please avoid wearing makeup for at least 12 hours after treatment.

Please postpone dental procedures for at least 2 weeks after treatment.

Gently apply a cool compress or Lamb Medical ice pack to the treated area for 15 minutes every few hours as needed to reduce discomfort, swelling, and bruising for a few days after treatment as needed. If bruising occurs, it typically resolves within 7 to 10 days. Using Arnica can help reduce swelling and bruising.

The treated area can be gently washed with cleanser and water. After the first 24 hours you may resume your normal skin care products and make up can be applied as desired.

Most patients are very pleased with the results of dermal filler treatments. However, like any cosmetic procedure, there is no guarantee that wrinkles and folds will disappear completely or that you will not require additional treatment to achieve the results you seek. While the effects of dermal fillers last longer than some other cosmetic procedures, the results are still temporary. Additional treatments will be required periodically (generally 6-12 months) to maintain optimal results.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns. (724) 969- LAMB