

PRE AND POST FILLER INSTRUCTIONS

To avoid excessive bruising and swelling, patients are advised to avoid the following for 2 weeks prior to injections: any/all medications containing Aspirin or Ibuprofen, non-steroidal anti-inflammatory medications (Celebrex), Vitamin E and Fish Oil as they may cause thinning of the blood. Also begin using Arnica twice a day for 2 weeks prior to injections to lessen your chances of bruising.

It is normal to be a little red, tender and swollen for several hours after any filler injection. In addition, bruising is always possible. It is advised that you continue to ice the area for 1-3 hours at 15 minute intervals, as directed by your provider. The lips may be sore for several days, if injected. If needed, Tylenol Extra Strength can be taken for any pain or discomfort.

After an injection you should continue to avoid Aspirin, Ibuprofen, Vitamin E, Fish Oil and other non-steroidal anti-inflammatory medications (Celebrex) for the following length of time: Hyaluronic acid (Juvederm XC, Juvederm Ultra Plus XC, Restylane-L, Perlane-L, Voluma) **24 hours**; Radiesse and Sculptra **7 days**.

NO alcohol, **NO** smoking and **NO** nicotine for **24 hours** following the injection. Avoid second-hand smoke as well.

NO upside-down activities (like yoga); **NO** vigorous exercise for **24 hours**. Sleep with your head elevated on two or more pillows for two to three days after injection.

For **Sculptra®** injections, massaging is recommended 5 times a day (for 5 minutes) for 5 days.

If any lumping or pea-sized nodules are felt under the skin, try to massage out for 2-3 days. Call your physician at the contact number given if this condition persists.

Do not massage the hyaluronic acid fillers unless specifically advised by your provider. Massaging of these fillers can cause more bruising and swelling.

CONTACT OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING CONDITIONS OCCUR:

- An increase in pain, tenderness, swelling, or any color change (especially if it is a dusky-red to purple) of the skin.
- Any tingling, itching, or burning sensations to the skin, especially around the nose.

All patients should call the office for any questions or concerns they may, have no matter how small.