

Filler Cosmetic Treatment Instructions

Pre-Treatment:

- Inform provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems you may have
- Avoid drinking alcohol a few days before your appointment to reduce your chance of bruising
- Avoid Aspirin, Fish Oil, Vitamin E, St. John's Wort, and other non-steroidal anti-inflammatory products (Motrin, Advil, Aleve, Ibuprofen) 3 days before your appointment to reduce your chance of bruising
- Avoid waxing, bleaching, tweezing, facial scrubs or the use of hair removal cream on the area to be treated 7 days before appointment
- Avoid facial peels, micro-dermabrasion and the use of Alpha Hydroxy Acids higher than 10%, Retinol and Retin-A 7 days before appointment
- Avoid dental work two weeks **before** and **after** appointment
- Sunburned skin is difficult to treat so avoid exposure to the sun before your appointment
- Come to your appointment with **no makeup**
- Do not stop taking any medications that have been prescribed to you without consulting your prescribing physician

Post-Treatment:

- **Do** contact me if you experience any problems or have any questions
- **Unless medically necessary or advised by your physician, Do Not** take Aspirin, Ibuprofen, or Vitamin E for 24 hours after injection
- **Do Not** massage or manipulate injection sites for 48 hours after injection
- **Do Not** participate in any strenuous exercise for a minimum 24 hours
- **Do Not** restart retinol or Retin-A for 2 days
- Avoid kissing, puckering, using a straw, and 'lip plumpers'. This can displace the filler material and cause complications
- Apply cool compress to the area treated with **very light** pressure to reduce swelling. Ice should be applied for 10-20 minutes and then removed for 10-20 minutes. This cycle can be continued throughout the day
- Mild to moderate bruising is very common with fillers, typical resolves within 14 days
- Avoid facials, dental work, peel, micro-dermabrasion, 'face down' massages for two weeks
- Sleep on your back for the next few nights
- The effect of filler is immediate with full effect in seven days

Other important information:

- Patient should be in good overall health
- **Do Not** use Dermal Fillers if you are pregnant/breastfeeding
- Active skin infections are a contraindication to treatment
- Stay well hydrated before and after treatment
- Schedule a follow up appointment 2 weeks after treatment

Patient Signature

Patient Name (Print)

Date

Health Care Professional Signature

Health Care Professional Name (Print)

Date