

Dermal Fillers Pre & Post Care Information

RESTYLANE®

Pre-Treatment Considerations:

Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.

- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc. Alcohol is also to be avoided 24 hours pre- or post- injectable treatment, as it is also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment).
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area. *It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.*
- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. We may delay injectables if you:

-Have had any infection, cold, virus, or flu in the past 30 days.

-Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days.

-Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.

-Have had any immunizations in the past 30 days or if you're anticipating immunizations.

-Have had any tattooing or permanent makeup within the past 30 days.

-Take any immunosuppressive/injectable medications

-Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

Post- Treatment Considerations:

Avoid touching the treated area for 2 hours. After that, light makeup can be applied and the area can be gently washed with soap and water.

Immediately after the treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injection. The inconvenience is usually temporary and generally disappears in less than 6 hours after injection into the skin and less than 1-2 days after injection into the lips. Occasionally the initial swelling after lip treatment may last longer. Occasionally some patients experience swelling for about a week and the lips can look somewhat uneven during this time. This means that the result directly after the treatment should not be seen as the result. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site. Cold compresses or ice pack can also be used to reduce any swelling, itching or discomfort.

Other types of reactions are very rare, but occasionally some patients have experienced other reactions. Please be sure to review the consent form for further details.

These aesthetic products are temporary injectable fillers, and the duration of the effect can vary from patient to patient. You may wish to consider additional treatments before the effect has completely dissipated.

Instructions to Minimize Discomfort:

You may wish to take a regular dose (325 to 1000 mg – depending on your size) of plain Tylenol every 4-6 hours after your treatment for a day or so. This will generally make you more comfortable. You may also apply ice to the

treated area for 20 minutes every 4 – 6 hours for the first 12 –24 hours after your treatment.