PIMA DERMATOLOGY

Dermal Fillers: Pre & Post-Treatment Instructions

Pre-Treatment Instructions

- **Inform your provider if you have a history of recurring facial or oral herpes (cold sores / fever blisters).** Your provider may prescribe an oral antiviral medicine to be started the day of your treatment.
- **Avoid dental work** (including standard teeth cleaning) at least 2 weeks prior to treatment and one month following treatment. Avoid oral surgery at least 4 weeks prior to treatment and one month following treatment.
- **Please inform your provider if you have a history of facial or neck surgery, implants, or any trauma**, as this information is crucial for ensuring optimal results.
- **Vaccines**: Please wait at least **two weeks before** dermal filler and **two weeks after** dermal filler to receive a vaccine (i.e. Covid, Flu).
- 7 DAYS BEFORE treatment**:** To help reduce bruising and swelling, avoid over-the-counter anti-inflammatory medications (NSAIDs), such as aspirin, ibuprofen (Motrin), and naproxen (Aleve), unless otherwise directed by your healthcare provider. Also avoid herbal supplements that may increase bruising, such as garlic, Vitamin E, ginkgo biloba, St. John's wort, and omega-3 (fish oil) supplements. **Important:** Do not stop prescribed aspirin, blood thinners, or other prescribed medications without first consulting your prescribing healthcare provider.
- 3 DAYS BEFORE treatment: Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any "anti-aging" products. Also avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Do not use Dermal Fillers if you are pregnant or breastfeeding or are allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- Arrive to the office with a "clean face". **Please do not wear makeup**.
- To maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

Immediately After Treatment

- Redness and swelling are normal. Bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
- Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".

Please see reverses side of page.

Post-Treatment Instructions

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising. Be sure to wrap ice/gel pack in a clean cloth or paper towel before applying.
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.
- **Avoid placing excessive pressure on the treated area(s)** for the first few hours and up to 2 to 3 days; when cleansing your face or applying makeup, *be very gentle*.
- **Avoid exercise or strenuous activities for the remainder of the treatment day**; you may resume other normal activities/routines immediately.
- **After receiving treatment in the temples, chin, and/or jawline**, there will likely be soreness when chewing; avoid tough, dense foods. Opt for soft foods during this healing phase. **Take Tylenol for pain as needed**.
- **After receiving treatment in the hands**, avoid strenuous use of your hands as it may increase the risk for delayed onset adverse events.
- **If you have had dermal filler in the upper cheek or under eye area,** avoid wearing tight fitting goggles (i.e., for swimming) for at least 72 hours.
- **Do not have a massage** for the first 72 hours following treatment to avoid excessive pressure on the face and treated areas.
- Try to sleep with your head slightly elevated that first night; try to avoid sleeping on your side for 24 to 48 hours to reduce swelling.
- Avoid NSAIDs (e.g., ibuprofen, naproxen, aspirin) for **at least 24 hours after treatment** to reduce bruising and swelling risk.
- **You may take Acetaminophen/*Tylenol*** if you experience any mild tenderness or discomfort.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments (including peels, microdermabrasion, etc.).
- **If you experience significant bruising following your treatment, we offer a *complimentary* Pulsed Dye Laser procedure at 2 to 3 days post treatment.** This laser can help dissipate the bruise and clear it faster.
- Untreated bruising will generally fade in 5 to 14 days.

Please contact us at 520.795.7729 if you have any questions or concerns.