



## HYALURONIC ACID FILLER INJECTION PRE-TREATMENT INSTRUCTIONS

**What To Expect During Treatment:** Your treatment provider will begin by ensuring treatment areas are clean and free of make-up or other creams. If you requested a local or topical anesthetic, it will be applied prior to the start of treatment and allowed time to set in prior to beginning treatment. Using a fine needle or a cannula, your provider will inject your selected aesthetic filler into the soft tissue (dermal) layer of your pre-determined treatment area(s).

**Duration of treatment** is dependent upon treatment location but generally lasts between 15-30 minutes. **You may experience** a slight stinging sensation while each injection is taking place and/or you may experience slight discomfort. **There is no expected downtime** with dermal filler injections. **Multiple treatments may be needed** to achieve desired results depending on treatment goals and current skin condition. **Results are temporary; maintenance treatments** may be necessary to maintain desired results.

*Please review and follow these important instructions prior to your scheduled appointment*

### Stop Taking/Using/Doing Prior To Appointment:

2 Weeks*	7 Days	1-3 Days	Day Of
Laser Treatments Light Chemical Peels Hydradermabrasion Microdermabrasion  *Or until your skin has healed and you're no longer experiencing redness and irritation	NSAIDS (ASA, Ibuprofen Excedrin, Aleve, Naproxen, etc) Herbal Supplements Blood Thinners* Anti-Platelet Meds*  *Consult prescribing physician for guidance on stopping these meds	Alcohol and smoking (may contribute to injection site bruising and pinpoint bleedin.)  +If desired, DO start taking Arnica supplements 1 day prior to appointment.	Come with clean skin. Do not apply makeup, lotion, oil, perfume, or sunscreen. Remove all facial jewelry. Come to appointment with hair pulled back from face.

### Please DO:

1. Arrive to appointment with treatment areas clean. Cleanse face/treatment area prior to your procedure and do not wear make-up, moisturizers, lotion, oil, perfume, or sunscreen to treatment area the day of your appointment. Remove all facial jewelry and come to appointment with hair pulled back from face.
2. There is no expected downtime; you can return to work after treatment. **If you're planning to attend an event, please schedule treatment at least 2 weeks prior** to ensure adequate time for bruising and swelling to dissipate.
3. If you have a history of cold sores or shingles, please take your prescribed antiviral treatment for 2 days prior to, and day of, treatment. Please continue full course of treatment as prescribed.
4. If you plan on taking a prescribed sedative at your appointment to help alleviate anxiety, please plan to have a designated care person available to pick you up after your appointment.
5. Expect to experience bruising, mild swelling, tenderness and/or slight irritation in treatment area for 1-10 days after your injections.
6. To help decrease the risk of bruising, you may consider starting Arnica supplement tablets. Suggested dosing: start taking one pill twice daily one day prior to your procedure; continue taking for 3-5 days following your appointment.
7. Please call to reschedule if a rash, open sore/wound, sunburn, or blemish develops in treatment area.
8. Plan to avoid exercise, strenuous activity, sauna, and excess heat for the first 24 hours after treatment.

Your Filler Injection Appointment is:      M T W T H F S S U      /      /      \_\_\_\_\_  
 ..... Day (circle one)      Date      Time



## HYALURONIC ACID FILLER INJECTION POST-TREATMENT INSTRUCTIONS

### Do NOT:

- 1. Do NOT** rub or massage the treated area(s) for 24 hours after treatment. If you had treatment to lip area: avoid hard kissing, sucking movements, or puckering for 24 hours after treatment.
- 2. Do NOT** lay or sleep on your face or have a facial for 24-48 hours after treatment.
- 3. Do NOT** exercise, use a sauna or expose yourself to heat, swim, or have alcoholic beverages for the first 24 hours after treatment. Avoid excessive UV exposure until redness/swelling subsides. These activities will increase the chance of your blood pressure rising and increase the chance of minor and temporary bruising.
- 4. Do NOT** take Advil, Aspirin, Aspirin containing products, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 1 week since this may increase the risk of bruising.
- 5. Do NOT** apply makeup for the first 24 hours after treatment, or until pinpoint bleeding has subsided.
- 6. Do NOT** have intensive skin care (chemical peels, exfoliants) or laser treatments for 2-4 weeks after treatment.

### Please DO:

1. Sleep elevated for the first 1-3 nights after treatment to help reduce swelling.
2. You may apply cold compresses or take acetaminophen (Tylenol) to reduce swelling and/or discomfort. Pinpoint bleeding, bumps, and marks at injections sites should resolve within a few days. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections.
3. You may shower and do most other regular daily activities.
4. If you experience bruising: Arnica has been shown to decrease the incidence of bruising, pain and swelling after injections. Arnica supplements can be started the day prior to your procedure or the day of and continued afterwards if you develop bruising. These may be stopped once the bruising resolves. Various creams are also available which may be applied before your procedure.
5. **Please call if you experience any of the following in treatment area:** increasing pain, skin blanching (white or pale appearance), livedo reticularis (netlike pattern of reddish-blue skin discoloration), slow capillary refill, or red-blue dusky discoloration.

### Important Info:

- **It may take up to 2-3 weeks to see full results of your treatment.** You may feel firmness in the treated area(s) for 1-2 weeks after treatment. Treatment area(s) will soften and settle over time.
- Hyaluronic Acid Fillers produce temporary results. In most people, results can last around 3-12 months depending on the filler used, treatment area, and your metabolic rate. The effectiveness of HA Fillers *may* have increasing duration with successive treatments.
- If this is your first treatment, your injector may want to see you after 2-3 weeks for a brief dose adjustment or follow-up (additional fees may apply).
- For continuing results: schedule your Dermal Filler Injection maintenance treatments for 6-12 months from today, or as recommended by your treatment provider. If you allow your dermal filler to completely wear off, it may be more difficult to produce desired results.

Your Next Appointment Is:

M T W T H F S S U

Day (circle one)

\_\_\_\_/\_\_\_\_/\_\_\_\_

Date

\_\_\_\_  
Time

For questions or concerns during office hours, please call: 207-977-4335

**In case of emergency, call 911**