

# Preoperative Instructions

## Cosmetic Dermal Fillers

- If you are currently under the care of a physician for any medical condition, you need to check with your physician before receiving any dermal filler procedures. If necessary, you may need to get a medical release from your physician before your appointment.
- Please refrain from taking any blood-thinning products, i.e., aspirin, ibuprofen, products containing aspirin or ibuprofen, or vitamin E for the week leading up to your appointment. If you take any blood-thinning products under the advice of a physician for a medical condition, you need to get a medical release from your physician before discontinuing these products.
- Please refrain from drinking any alcoholic beverages at least 24 hours prior to your appointment.
- Please drink plenty of water for the week leading up to your appointment so that you will be properly hydrated.
- If you tend to bruise, it would be helpful to take Arnica (can be obtained over the counter at nutritional stores such as GNC) for the week leading up to your appointment. The instructions are to take 2 tablets 3 times a day. If you are under the care of physician, please check with your physician before taking this supplement.
- At the time of your appointment, it would be helpful to arrive wearing no make-up. You may wear make-up if you must. The area to be treated will be cleansed with alcohol wipes to remove dirt, make-up, and oil from the skin.
- After your dermal filler procedure is complete, you can expect to be numb afterwards and may want to plan to eat before your appointment.
- After your procedure is complete, we will ask you to apply Neosporin to the treated area. You are not to put anything on the treated area such as make-up or moisturizers until the following morning. If you must wear make-up sooner than that, we ask that you purchase new containers of make-up to be used.
- After your procedure, we will instruct you to use ice on the treatment area, to refrain from drinking alcohol and to refrain from vigorous exercise for 6 hours, and to refrain from going out into the sun for a period of time. You may want to plan your activities accordingly.

# Postoperative Instructions

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- After your treatment, it is very important for you to refrain from touching the treated area for 6 hours following treatment. You want to keep this area clean and free of germs to prevent infection at the injection sites. You may apply Neosporin or antibiotic ointment to the treated area with clean cotton swabs.
- For the remainder of the day after your treatment, you should not wear make-up including lipstick. If you need lubrication for your lips, you may apply Neosporin or other antibiotic ointment to your lips using clean cotton swabs.
- After your treatment, you might have some redness and swelling. This will normally last less than seven days. Cold compresses may be used immediately after treatment to reduce swelling. Apply cold pack to the treated area for 10 minutes, off for 5 minutes and continue periodically throughout the day. If the inconvenience continues beyond seven days or if other reactions occur, please call our office immediately.
- Before going to bed the night of your treatment, gently wash the treated area with clean hands with an antibiotic soap (such as Dial) and water. Lubricate with Neosporin or antibiotic ointment if desired.
- Sleeping with your head elevated with an extra pillow or two will help alleviate or prevent swelling.
- You may take ibuprofen after your treatment to help with any discomfort and/or swelling that may occur when your anesthesia wears off.
- Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappears.
- Avoid exercise and alcohol for six hours after treatment.
- The day following your treatment, you may return back to your normal skin care regimen and wear your make-up as normal.
- You were given 1 g of Valtrex as a prophylactic measure against the risk of the occurrence of cold sores from the needle punctures. Remember to take the second dose of Valtrex (1 g) the day following treatment.
- You may massage the area of treatment as explained to you by your doctor if needed after there is no tenderness present in the treatment area.