



## Filler Care Instructions

### How to Prepare for Your Filler Appointment

- To minimize bruising, inform your practitioner if you take any antiinflammatory medications that can thin the blood such as aspirin, ibuprofen, naproxen (i.e. Aleve, Advil) or supplements (Fish/Flaxseed oil/ Omega 3's, Ginkgo, Ginseng, Garlic, Vitamin E) prior to your procedure. Your provider will advise you on when and if to discontinue any of these medications or supplements.
- Refrain from alcohol at least 48 hours before your filler appointment.
- Please arrive at your appointment with a clean, makeup free face.
- No dental appointments 2 weeks prior to your filler appointment.

### What To Expect During Your Filler Appointment

- Local numbing medication in the form of a topical cream or through small injections may be used to maximize your comfort during the procedure.
- You may experience a mild amount of tenderness or stinging sensation following injection.
- To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- Do not massage treated areas unless specifically instructed to do so by your provider.
- Bruising at the treatment site may occur.
- Temporary, minimal to moderate swelling may be expected related to the area(s) treated and the product(s) used.
- It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple of days.
- It may be normal to feel a "firmness" in your treated area(s) for the first few days after treatment.
- Swelling and/or firmness depends on multiple factors including the area(s) treated and product(s) used. Over time, the area(s) will soften and "settle", leaving you with a soft, natural-looking result.

### What to Expect After Your Filler Appointment

- Do not massage the treated areas. Skin redness, bruising, swelling, tenderness, and/or itching are common.
- Minimize movement of the treated area.
- Avoid applying heat to the treated area until bruising or any swelling has resolved. Avoid activities that cause facial flushing on the day of treatment, including consuming alcohol, hot tub or sauna use, and vigorous exercising. Avoid extreme cold, such as skiing or hiking outdoors.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising for up to 24 hours post-treatment.
- When bruising occurs, it typically resolves within 7-10 days.

- After treatment, topical or oral over-the-counter Arnica may reduce bruising and swelling.
- You may take acetaminophen (Tylenol) to reduce pain.
- Avoid consuming alcohol, taking aspirin, ibuprofen, Aleve, or anti-inflammatory medications within 4 hours post-injections.
- Routine washing and showering is OKAY. Cleanse face with gentle cleanser and use gentle moisturizers. Sunscreen and makeup may be applied after 4 hours.
- No dental appointments 1 month after your filler appointment.

**Please contact us immediately if you experience any of the following:**

- Fever/chills
- Area treated or surrounding skin appears red, hot to touch.
- Severe pain or increasing pain at site; purple blotches at areas not injected; or blanching (white or bluish tinge to skin) of the skin surrounding areas injected.

For questions regarding your procedure, please contact your provider at Central Texas Dermatology or SkinCare Austin.

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