

## Soft Tissue Filler Pre/Post Treatment Instructions

For most injectable filler products, you should notice an improvement in your wrinkles and facial appearance immediately. You may have some redness of the skin around the injection sites for the first day – this is not an allergic reaction. You may also notice some very slight swelling that should subside after a few days. A small amount of bleeding from the injection sites during the procedure may lead to bruising. Most skin bruising should typically subside in 7 days, but uncommonly it may last up to 2 weeks. Contact the office in the event of any worsening or persisting symptoms or side effects such as redness, swelling, bruising, bumpiness.

- Apply ice for 15 minutes on and off for 2-3 hours post procedure to reduce swelling using a bag of crushed ice or frozen peas
- To minimize bruising and swelling, avoid the use of: Vitamin E, Green Tea, Fish Oil, Aspirin and Non-Steroidal Anti-inflammatory drugs (NSAIDS = Aleve, Naproxen, Advil, Ibuprofen, etc) until all bruising and swelling has resolved, ideally discontinue these medications 2 weeks before procedure
- To cover up bruising, a very good camouflage is Circle Delete by Jane Iredale (local Nordstrom or amazon.com)
- Topical arnica gel or oral homeopathic arnica can also speed the removal of bruising (local health food store or online amazon.com)
- If bruising is persisting beyond one week, please contact our office so that we can use laser to heat up the bruise and help break it down faster
- It is normal to feel “firmness” in your injection area after treatment, lasting a few days up to 2 weeks, after the area will soften and leave a natural looking result
- The day of treatment avoid heavy aerobic activity, hot showers/baths and consumption of alcohol
- The treatment area may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing
- Try to avoid lying on the areas injected for the two nights immediately following your treatment
- Avoid prolonged sun or UV exposure for two weeks
- Avoid saunas and steam baths for two weeks