



Cosmetic Dermal Fillers Instructions

PRE/POST FILLER TREATMENT INSTRUCTIONS & AT-HOME RECOMMENDATIONS

Please observe the following practices before & after treatment with cosmetic dermal fillers:

No Dental Work (including teeth cleaning) **2 weeks BEFORE** and **2 weeks AFTER** filler injections

No Immunizations (including Flu, Covid and Shingles shots) **2 weeks BEFORE** and **2 weeks AFTER** filler injections

Please do **NOT** plan to go out of town for one week after filler injections. Should an unexpected complication occur, we want to be sure you are in town so we can adequately treat you

Avoid Alcohol, Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E and non-steroidal anti-inflammatory drugs (NSAIDS) in the 24 hours prior to treatment as they may promote the risk of bruising and bleeding in the injection area

If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed for the next 72 hours.

You can start taking Arnica Montana to help with bruising...**DO NOT** take Arnica Montana if you have liver or kidney problems.

Please come to your appointment with **NO** Makeup

Do **NOT** apply makeup or lip gloss/lipstick for 24 hours following your filler treatment

Avoid applying pressure or touching the treated area for 24 hours after the procedure. The area can then be gently washed with a cleanser and water.

Avoid retinol, vigorous scrubs, exfoliation, microdermabrasion or facial treatments in the area of treatment for 1 week after injections.

No standing water for 24 hours (such as lake, pool, bath, river) but showering is ok. Avoid strenuous exercise for 48 hours as it can worsen bruising and swelling

Avoid intense heat (such as a sauna or hot yoga) until the swelling and bruising have resolved

Avoid manipulation of the area following the injections unless specifically instructed otherwise by your healthcare practitioner.

For discomfort, use cool packs and over-the-counter analgesics (Acetaminophen, Tylenol).

Antihistamines (such as Claritin, Zyrtec, Benadryl) can be taken to help reduce inflammation and help with swelling

If signs and symptoms of infection appear (warmth at the site of injection, discharge/pus, pain/discomfort) or if you develop a fever, please contact our office so our staff may assist you. **If you have excessive pain, excessive swelling, discoloration, blanching, itching, blisters, mottled looking skin or if anything feels "wrong", different" or "strange" please CONTACT YOUR PROVIDER IMMEDIATELY at 949-541-1999. If you are unable to reach your provider please email sandy@gettoaesthetics.com or call her mobile phone: 719-651-0610**