



facial filler before & after treatment instructions

Before treatment:

Three days prior to treatment avoid taking St. John's Wort, Vitamin E, aspirin, non-steroidal anti-inflammatory drugs, and fish oil supplements. One day prior to treatment, avoid alcohol. These agents may increase bruising and bleeding at the injection site. You may try arnica applied to the area of treatment. Apply the arnica three times per day for three days. This may decrease bruising.

After treatment:

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. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to three days. If the inconvenience continues beyond seven days or if other reactions occur, please contact the office, 799-5100.

Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed. If the product is Radiesse, you may feel this in your skin until the calcium dissipates, which can be several months. If you are using another product, the hyaluronic acid will draw water into it, and it should feel similar to your skin within one to two weeks.

Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappear.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your physician about medications that may minimize a recurrence.

Avoid exercise and alcohol for six hours after treatment.

Having a follow-up treatment before the product has fully dissipated may enhance the lasting effect. Please be sure to consult your physician about recommendations for touch-up or follow-up treatments.