



## **FACIAL FILLERS: PRE AND POST CARE INSTRUCTIONS**

### **PRE:**

- Avoid using St. John's Wort, high doses of Vitamin E supplements, aspirin, and other non-steroidal anti-inflammatory medications, such as ibuprofen prior to treatment. These may increase bruising or bleeding at injection site.
- If you have a history of herpes, prophylactic antiviral therapy must be started the day before treatment and continued one week after treatment.

### **POST:**

- Do NOT use make-up and skin care products for 24 hours, as these may increase risk of infection.
- Do NOT rub or massage the treated area for 24 hours after treatment. Do NOT have a facial or any laser treatment for two weeks following Filler treatment. You must also postpone any dental procedures for at least two weeks.
- Avoid any exposure to a sauna, hot tubs, or hot baths for 24 hours. This will prevent your blood pressure from rising and thus minimize the risk of bruising after treatment.
- No strenuous exercise for 24 hours following treatment. Avoid alcoholic beverages within the first 24 hours following treatment.
- Some patients may experience a minor headache, you may use Tylenol as needed.
- Be assured that the tiny bumps or marks will fade within hours of treatment.
- After Filler is injected, you may be bruised, red, or feel some swelling. This will go down in time and you will feel the full effect of Filler in about two weeks. If bruising is significant, please notify your provider.
- Results may be immediate, and should reach peak by one month.
- Typically, Filler will last 12 months, and some Fillers as long as 18 months. Your provider will discuss the specific length of your Filler with you. If you have any questions, please contact our office during business hours at (314) 571-6062 or after hours contact us at (314) 721-1010.
- Follow up appointment in 2 weeks.