

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

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PROCEDURE CARE FOR SKIN FILLERS

- Tell us if you have a history of cold sores if we are treating around the mouth or lips. You will need an anti-viral medication (Famvir 500 mg twice a day for 3 days).
- Come to your appointment with a makeup free clean face. Avoid makeup, skin care products, exercise, extreme cold or heat, and blood thinners mentioned above for one day post treatment. Then, resume normal activities.
*Avoid dental procedures two weeks after treatment.
- Avoid blood thinners - aspirin, fish oils, Ibuprofen/Advil/Aleve - for one week prior to injection. Also, minimize alcohol intake, green tea, herbal/antioxidant supplements, and vitamin E as these can thin the blood and cause more bruising.
- Do NOT massage the area (unless Sculptra® - then 5 minutes/5 times/5 days). Minimize touching the areas treated and reduce facial expressions for the first day. It is ok to gently wash before bedtime.
- You may take homeopathic Vitamedica Arnica 3 tablets three times daily for 3 days after treatment to reduce bruising /swelling. Before your next injection, you may start Arnica 3 days prior, as well. If you prefer Vitamedica's Arnica cream, please apply this three times daily until bruising subsides. Cost is \$18 to 22.
- Instead of topical Arnica, for our more motivated patients, we recommend a product called Colorescience All-Calm Clinical Redness Corrector SPF50 - which camouflages and primes the skin, is anti-inflammatory, and is a medical grade mineral sunblock. Cost is \$120 (lasts 3 to 4 months).
- It is NORMAL to have bruising and swelling in the first few days and up to 1-2 weeks post treatment. Rarely, prednisone 20 mg tablets are given to take with breakfast and lunch until swelling subsides. Rarely, in case of severe bruising, please call to see us the next day for complimentary Excel V laser treatment of your bruise. We are happy to help!
- It is normal to see asymmetry or feel "firmness" or "bumps" in your injection area for up to a few weeks after treatment. Over time, the areas will soften, leaving you with a natural looking result. Please call us if you are concerned.
- It is normal to feel some soreness in the treatment area. Arnica will help relieve that. Please CALL to be seen if you have significant pain, blanching, mottling, blisters, or a scab or a sore.
- Congratulations! We are on an aesthetic journey together. My goal is to be as safe and skillful with your injections as possible. I recommend returning every 6 to 12 months for full facial assessment and treatment. Remember, this is FOR YOUR BEST SELF!