

SAND LAKE

DERMATOLOGY CENTER

COSMETIC FILLER/INJECTION INSTRUCTIONS

PRE-FILLER INSTRUCTIONS

- STOP using aspirin, Motrin, ibuprofen, Aleve, vitamin E, ginkgo biloba, fish oil, green tea, St John's wort, or other anti-inflammatory medications, if okay with primary physician. These medications should be discontinued 2 weeks prior to the procedure as they increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- DO NOT drink alcoholic beverages 24 hours before your treatment.
- Expect that you may have some bruising and swelling after the procedure. Auriderm topical gel is available for purchase at Sand Lake Dermatology Center and may be applied 2-4 times daily for 3 days prior to the procedure and immediately afterwards. Over the counter Arnica supplements (available at supplement stores, Whole Foods, etc.) have also been shown to decrease bruising. To receive the benefits from Arnica, please start taking supplements 3 days prior to treatment.
- Inform the nurse or physician if you have a history of medication allergies, history of anaphylaxis, or any other medical conditions.
- Make sure to schedule your treatment at least 4 weeks prior to an important event.

POST-FILLER CARE

- Expect treated areas to be red, slightly swollen and bruised for up to 2 weeks.
- Apply cool compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.
- Take acetaminophen (e.g. Tylenol) if you experience any mild tenderness or discomfort.
- Massage the treatment areas ONLY if instructed to do so. For example, for Sculptra, follow the 5-5-5 rule: Massage 5 minutes, 5 times a day, for 5 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. Other normal activities and routines can resume immediately.
- AVOID hot showers or saunas for 6 hours after treatment as they can worsen bruising.
- Continue applying Auriderm gel 2-4 times daily and/or taking Arnica supplements as this may help alleviate bruising.
- AVOID above-mentioned medications for 1 week.
- Wait a minimum of 2 weeks before receiving any facial or massage treatments.
- Bruising may be covered up with make-up.

If you have any questions or concerns, or experience an unexpected reaction, please call our office immediately. We can always be reached after hours through our emergency line and are happy to speak with you any time.