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## **Pre and Post Treatment Care: Fillers**

JUVEDERM® and Restylane® products are smooth hyaluronic acid gel fillers injected under the skin for a naturally more youthful appearance.

### **Pre Treatment Instructions**

- To minimize bruising
  - 1 week prior avoid medications which may thin the blood: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Excedrin (all OTC pain pills except Tylenol), St. John's Wart, Vitamin E, Gingko Biloba, Ginseng, Omega-3 Fatty Acids (fish oil, flax seed oil, cod-liver), CoQ10, Garlic, Ginger
  - Avoid: All OTC pain medicines (like Aspirin or Advil), All vitamins and supplements, garlic, Ginger, Green Tea, Willow, Licorice, Red Clover and Angelica
  - 2 days prior NO ALCOHOLIC BEVERAGES
- Report to us any allergies or hypersensitivities to topical and injectable anesthetics, including epinephrine (adrenaline)
- If you have a history of cold sores in the treated area, start antivirals as prescribed on the day of or the day prior to treatment and take for 3-5 days
- Avoid wearing makeup to the appointment

### **Post Treatment Instructions**

- To decrease swelling
  - Apply ice 15 minutes on, 15 minutes off several times
  - Sleep with your head elevated for the first few nights following treatment
- Immediately after treatment and for the following 24 hours you should avoid
  - Strenuous exercise
  - Sun/Heat exposure, tanning beds, saunas
  - Alcoholic beverages
  - Massaging/Pressing on treatment areas
  - Extreme cold temperatures
- 6 hours after treatment, it is OK to gently wash your face and apply makeup
- 48 hours following treatment, may restart NSAIDs, Aspirin, Oils, Supplements and Vitamins
- For at least 2 weeks following treatment
  - Avoid facials, massage or laser procedures and masks that press on the face
- Optional: you can take arnica tablets to reduce the risk of bruising and help with swelling. Begin 1-2 days prior to treatment as directed on the bottle and continue for a couple of days following treatment. If bruising occurs, you can continue to take arnica orally and apply a topical preparation to resolve the bruise quicker
- Expect continued redness and swelling on days 1-2 post treatment
- Bruising and swelling may last about 1 week