



FACIAL FILLERS - PRE/POST CARE

Pre-Treatment Instructions

- Schedule you filler 2-3 weeks before any special event you have scheduled.
- No alcohol 24 hrs before treatment.
- No working out the day of procedure or up to 72 hrs after procedure.
- Avoid blood thinning or anticoagulation medications for 2 weeks before treatment unless MD prescribed.
- Stop all Vitamin-A (Retin-A) products for 48 hrs before and after treatment.
- Reschedule appointment if you develop a cold sore, rash or skin break out.
- If you have a history of fever blisters please inform me immediately.
- Begin prescribed medication (Acyclovir) 3 days before procedure.

Post-Care Instructions:

- Apply ice or cold compress at injection site.
- Area will feel firm for a few days. It will soften and leave a natural look.
- You can begin workouts on day 4 after receiving filler.
- You can apply makeup shortly after treatment if no complications are present.
- Injection area can be gently washed a few hours after treatment, avoid excessive rubbing or scrubbing.
- Sunbathing or excessive UV exposure should be avoided until redness and swelling have subsided.
- Contact me immediately with any worsening or persistent symptoms.

What To Expect:

- Filler will feel firm at injection site for the first few days. It will soften.
- Temporary minimal to moderate swelling at site can be expected.
- Local numbing is used inside product and on skin if required.
- Most patients report a mild discomfort associated with injections.
- Site may have a mild to moderate stinging or aching post injection.
- Area will be massaged after placed in the skin, it may cause temporary redness.
- Bruising at the site of injection is a commonly reported side effect.
- Injection site will be tender for a few days.

Please contact me with questions or concerns.

**Tonya Morris-Cameron RN CMP
405.202.4427**