



**NAZARIAN**  
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## Pre/Post Dermal Fillers Treatment Instructions

Dermal fillers are popular injectable gels that are a safe and fast way to bring back the volume and fullness that your face has lost. These fillers restore the skin by rebuilding natural collagen that breaks down over time. These injectable gels include:

- Restylane
- Perlane
- Juvederm
- Prevelle Silk

### Pre-Treatment Instructions

It is best to plan your injections at least 2 weeks before a big event. Like most treatments that involve an injectable it is best not to take any anti-inflammatory that may cause the blood to thin such as aspirin, Tylenol, Advil, Motrin, or Vitamin E as this could cause bruising. Avoid alcohol after treatment since it is a blood thinner. Also, decrease salt intake. Inform your physician if you have any egg allergies or open facial sores.

### Day of the Dermal Filler Treatment

A topical numbing cream will be offered to you to reduce the discomfort of the injections. When you come to your appointment, we will discuss with you the options for numbing.

After injection of the dermal filler, it is very important that you do not move the treated areas for 2-3 hours. This helps the filler “settle” and may reduce swelling. We will apply ice to the treatment areas. The area may remain slightly swollen or red through the day.

If you have a propensity for bruising, we strongly recommend Arnica Montana, a supplement available in our office. It should be taken immediately after the treatment and continue as directed on the bottle.

You should sleep with your head slightly elevated above your heart to help reduce swelling.

### Day Two after the Dermal Filler Treatment

The treated areas will increase in swelling for 24 hours. When you wake up the day after treatment, the amount of swelling may come as a bit of a shock. But rest assured that over the next 48-72 hours, the

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swelling will reduce. We encourage icing the treated areas for 15 minutes every hour or so to help with the swelling. Continue taking Arnica Montana as instructed on the bottle.

### **Over the Next Week, Following the Dermal Filler Treatment**

Redness and swelling in the treated area will continue to decrease. By 1 week, 90% of the swelling will have resolved. Infection is very rare but contact Dr. Nazarian if you find areas with persistent, severe redness, pain, blistering, or white bumps.