

## 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 either rebuilding natural collagen that breaks down over time or placing hyaluronic acid in specific areas to improve overall shape and youthfulness. These injectable gels include:

- Restylane
- Restylane Lyft
- Restylane Silk
- Sculptra
- Radiesse
- Juvederm
- Juvederm Ultra Plus
- Juvederm Voluma

### Pre-Treatment Instructions

1. It is best to plan your injections at least 2 weeks before a big event.
2. Stop taking blood thinners like Aspirin, Aleve, Ibuprofen, Motrin, etc starting 2 weeks before your treatment. If you are on chronic blood thinners like Coumadin or Lovenox, please let us know.
3. Stop herbal medications or herbal teas starting 2 weeks before your treatment. This includes GREEN TEA and ginseng.
4. Stop taking high doses of Vitamin E or any other high dose of vitamin 2 weeks before your treatment. (A multivitamin is fine.)
5. Eat a pineapple the day before your treatment.
6. Purchase some Arnica to start taking the morning of your treatment. If you forget, we have some Arnica Montana available in office for purchase.
7. Ice during and after your treatment.
8. Keep your head elevated above your heart for 4 hours after your procedure.



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PLASTIC SURGERY

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\*\*And even if you adhere to the above perfectly, there is always a risk of bruising after injectables. So do not get injectables if you have an important event within 2 weeks of your appointment.

**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 treated 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 treatment and continue as directed on the bottle.

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

**Day 2 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 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.

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

Redness and swelling in the treated area will 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 bumps.