

PRE INSTRUCTIONS FOR FILLERS/SCULPTRA

If you have previously suffered from facial cold sores, speak to your physician about medication to minimize the risk of recurrence.

PRIOR TO THE PROCEDURE:

- Discontinue substances that can prolong bleeding for at least 10 days; i.e. aspirin, naproxen, ibuprofen, fish oil, Vit E, MCT oil, garlic tabs, ginkgo biloba, St. John's Wort, ginseng, and herbal tea. DO NOT discontinue any of these blood thinners if you were instructed to take them by your primary care provider. If you have questions regarding your medications, or you are unsure if you should discontinue them contact your primary care provider.
- Avoid alcohol the day prior to your treatment.
- If you are having dental surgery, please allow 2-weeks prior and post-surgery to schedule your appointment for filler.
- Please arrive make up free to your appointment if feasible.

DAY OF PROCEDURE:

- Our team will apply a topical anesthetic which will be left on for approximately 20- 30 minutes prior to injection of your filler.

POST INSTRUCTIONS

In the hours following the procedure, avoid extreme facial expressions, alcohol consumption, sun exposure and saunas or hot tubs.

Numbing effect generally wears off in approximately 2 hours. There are a few rare instances where you may experience a transient numbness or pins and needles feeling in the lips or area around the mouth, which could persist as long as 10 days. This feeling will go away 100%.

Swelling after your procedure is normal. The majority of the swelling will go away within the first 48 hours however some mild swelling may persist for up to 2 weeks. Ice may be used in a 20 min on 20 min off schedule and many people find bags of frozen peas to be the best possible way of administering the ice. This is best the day of your procedure. Apply a wrapped ice pack to the treated site to reduce swelling. Avoid putting ice directly on the skin.

Bruising and redness in the area of injection is common post injection and may last between up to 2-weeks. Do not apply make-up for 24-hours, if possible.

****Call the office if you develop pain, and a red, purple lacy pattern that feels warm.**

These are all signs of a vascular occlusion. If there is draining from an injection site it may be a sign of infection. **

We may provide you with Arnica gel and tablets - which can reduce or resolve potential bruising. The gel can be applied every 2-hours, and the pills can be dissolved under your tongue (1 pill, 3x/day).

A NOTE ABOUT BUMPS. Two different "bumps" may be noted by patients after injections:

DEEP BUMPS - Fillers attract inflammation initially and are denser than your skin and subcutaneous structures. Therefore, you may be able to feel firm nodules under your skin after your procedure. These are usually not noticeable to the eye and rest assured that the product will soften and these bumps will go away. Bumps and increased swelling may occur at an area of a bruise.

SUPERFICIAL BUMPS - In patients who have thin skin or in those receiving superficial injections for fine lines, the filler may attract fluid to the surface of your skin and present with superficial bumps. These can be remedied with either time (3-weeks) or may require massage. If bumps persist more than 3-weeks please call the office for an evaluation.

**Please be patient with the healing process and wait at least 2-3 weeks before judging the outcome of your procedure.
If necessary, we can touch up the affected area(s).**

If you have any questions at all, please do not hesitate to contact us at 701-530-8450.