

DERMATOLOGY Center of Atlanta

Medical, Surgical & Cosmetic Dermatology

COSMETIC FILLER PRE & POST CARE INSTRUCTIONS

PRE-FILLER INSTRUCTIONS

- Schedule your treatment **AT LEAST 2 WEEKS PRIOR** to an important event to ensure you are fully recovered.
- **1-2 WEEKS PRIOR TO TREATMENT** stop using aspirin, Motrin, ibuprofen, vitamin E, ginkgo biloba, fish oil, green tea, St John's wort, or other anti-inflammatory medications, unless okay with your physician. These medications increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- **DO NOT** drink alcoholic beverages during the **24 HOURS BEFORE** your treatment.
- Expect that you may have some bruising and swelling after the procedure. Over-the-counter Arnica supplements (available in our office) have been shown to decrease bruising. To receive the benefits from Arnica please start taking **3 DAYS PRIOR** to your treatment.
- Inform the nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical conditions.

POST-FILLER INSTRUCTIONS

- It may be normal to feel a "firmness" in your treated area(s) for the first few days after treatment. This may depend upon the treated area and the product(s) used. Over time, the area will soften and "settle," leaving you with a soft, natural looking result.
- Expect treated areas to be red, slightly swollen, and bruised, for the first two to five days.
- Apply a cool compress to the treated areas (avoid pressure) as this helps reduce swelling and the potential for bruising.
- You may take acetaminophen (e.g., Tylenol) if you experience any mild tenderness or discomfort.
- Massage the treatment areas only if instructed to do so. For example, for Sculptra, follow the 3-3-3 rule: Massage for 3 minutes, 3 times a day, for 3 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day.
- You may resume other normal activities and routines immediately.
- AVOID hot showers or saunas for six hours after treatment as they can worsen bruising.
- To help alleviate any bruising you may continue taking Arnica supplements, apply topical Arnica gel, or eat fresh pineapple and/or take Bromelain supplements.
- Bruising may be covered with make-up.
- AVOID aspirin, ibuprofen and all anti-inflammatory supplements or medications for one week, as they may increase your potential to bruise.
- Wait a minimum of two weeks before receiving any facial or massage treatments.

**If you have any questions, concerns, or experience an unexpected reaction,
please call our office immediately at 770.497.0699.**