



PATIENT HANDOUTS FOR DERMAL FILLER TREATMENTS

BEFORE TREATMENT

- Avoid aspirin (e.g. Excedrin), vitamin E, St. John's wort or other supplements that contain garlic, ginseng, ginkgo, evening primrose oil or feverfew for 2 weeks prior to the injection
- Avoid ibuprofen (e.g. Motrin, Advil) and alcohol for 2 days

AFTER TREATMENT

- Skin redness and swelling in the treatment area are common. This should resolve within a few days. If it persists for longer than 3 days, please call Dr. Relvas
- Do not massage the treated areas
- Avoid applying heat to the treated area until any swelling or bruising have resolved. Routine washing and showering is fine.
- Avoid activities that cause facial flushing on the day of treatment including: consumption of alcohol, tanning and exercising
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7 to 10 days.
- After treatment, oral and/or topical Arnica montana may help reduce bruising and swelling
- If 2 to 4 weeks after treatment you feel that you require a touch-up, please contact the office