



## Filler Post-Treatment Instructions

### WHAT TO EXPECT

The effects of filler injections are immediate, but may take several weeks before reaching their result. Bruising, tenderness, swelling and lumpiness are common immediately following treatment and can last up to 3 weeks. Asymmetry is present in all faces prior to injection and, although improvement in symmetry is always a goal of treatment, some degree will remain following injections. Additional syringes of filler may also be required to achieve the desired result.

Those who take any type of blood thinner including aspirin, or supplements such as fish oil, vitamin E or ginkgo biloba may be more likely to bruise. Some areas of the face are also more likely to bruise, especially around the mouth or eyes. You may wish to try bromelain supplements, topical arnica cream and concealer to minimize the appearance of bruising. Eating pineapple (which contains bromelain) also helps! **Stop in the Dawes Fretzin retail space at our Shadeland clinic and ask about our "Bruise Kit" for assistance.**

Most lumps or nodules that occur can be felt but not seen. More firm products and injection into areas of more movement or thin skin, such as the lips, are also more likely to develop nodules. Lumps will resolve more readily with firm massage several times a day, but avoid overly aggressive massage for the first week after injection as this may alter the placement of other filler. Occasionally, a bluish discoloration can be noted when fillers are injected superficially or in areas of thin skin such as the tear trough. Please contact your provider for bumps that persist beyond several weeks, do not respond to firm massage, or are visible, or for any bluish discoloration. Most nodules can be injected with hyaluronidase and dissolved if necessary.

Tenderness is also normal following injection, but extreme pain, especially if associated with discoloration of the skin, should be reported immediately. If sores or blistering develops, please call your provider promptly.

### POST-TREATMENT INSTRUCTIONS

- Take ibuprofen, naproxen or acetaminophen for tenderness in the days following injection.
- Ice frequently in the first few days after injection to decrease swelling and bruising.
- Pick up a Bruise Kit, take bromelain supplements or use arnica cream to help minimize bruising.
- Highly recommend using Youthfull Lip Replenisher by Revision to keep lips hydrated all day– available in our storefront
- Avoid pressure to treated areas, especially in the first week. Depending on placement of filler, facial massage, sleeping on one's face or wearing goggles or a CPAP mask may alter filler placement and should be avoided if possible.
- Take appropriate anti-viral medications immediately after your injection if you are prone to cold sores. Let your injector know if you are in need of such medication.
- Avoid dental procedures, including cleanings, for 2 weeks after your injection.
- Call the clinic with any unusual or concerning side effects.