

## **Dermal Fillers** **(Pre and Post Care Instructions)**

For best results, please follow these instructions.

### **Before** your treatment:

- Avoid taking aspirin, nonsteroidal anti-inflammatory medications, St. John's wort, fish oil and high doses of Vitamin E supplements.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. If necessary, an antiviral such as Valtrex® will be prescribed prophylactically.

### **After** your treatment:

- **Swelling:** Immediately after the treatment, there may be temporary redness and swelling at the injection site. This typically resolves within two to three days but may last up to one week. Cold compresses may be used 24-48 hours post treatment to reduce swelling. Apply cold **tea bags** on the eye area for 20 minutes to help reduce swelling.
- **Bruising:** Bruising may include a black eye or bruising around the lips or mouth. This can occur immediately after your injection or up to 5 days later.
- **Exercise:** It is okay to participate in light activities after your dermal filler session. Avoid strenuous exercise during the first 24 hours following treatment. Activities that raise the heart rate may increase your chances of bruising.
- Avoid touching the treated area during the six hours following treatment, so you do not accidentally injure your skin while the area is numb. After that, the area can be gently washed with soap and water.
- Until any redness or swelling resolves, avoid exposure of the treated area to intense sun (sunbathing or sun lamp).
- If you have facial cold sore symptoms, please contact our office so that your provider can prescribe an antiviral medication.
- Avoid taking aspirin, nonsteroidal anti-inflammatory medications, St. John's wort, fish oil and high doses of Vitamin E supplements for one week after treatment. These agents may increase bleeding and bruising at the injection site. For discomfort, acetaminophen or Tylenol® may be taken.
- **Follow up care:** After your initial treatment, your 1 to 2 week follow up appointment is very important. During this visit, Drs. Lieberman or Parikh will critically assess your results and may further mold or add additional filler for a more polished effect.

**If you have any questions, please call the offices of Drs. Lieberman & Parikh at 650-327-3232.**