



Pre and Post Care for Your Dermal Filler Treatment

What to expect

The most common side effects people experience after an injection are:

- Bruising
- Redness
- Swelling
- Tenderness
- Mild discomfort
- If you have a sensitivity to lidocaine, any other allergies or autoimmune disorders, please let your provider know

What to avoid before treatment

- To decrease your risk of bruising avoid taking blood-thinning medication (unless prescribed by your doctor) 7-10 days prior to the procedure (Aspirin, Advil, Aleve, Ibuprofen, fish oil, flaxseed, vitamin E, garlic tablets, ginkgo biloba and ginseng). Also, avoid alcohol 3-5 days prior to the procedure.
- **Avoid teeth cleaning or other dental procedures 2 weeks before and after treatment.**

For best results immediately after treatment

- May use topical or sublingual arnica supplements to help minimize swelling/bruising
- Apply cool compresses to injection site (gently, without firm pressure) for 5 minutes up to four times a day
- Avoid massaging the injection area
- Keep head elevated while sleeping (on a couple of pillows)
- Avoid strenuous physical activity for 24 hours
- Stay hydrated
- Keep your scheduled follow up appointment
- Avoid makeup for 12 hours after injections
- Avoid dental procedures or teeth cleaning two weeks after injections
- Call us with any questions or concerns (480) 702-2442

As a reminder, on the day of your appointment, if you are pregnant, nursing, have an active cold sore, or if you have had dental work within the last 2 weeks, your appointment will need to be rescheduled. If you are experiencing pain, changes in skin color or vision changes please call Desert Sky Dermatology at (480) 855-0085.