



## Pre and Post Care for Your Dermal Filler Treatment

**\*\*Please eat a hearty meal prior to your 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 allergies, or autoimmune disorders or if you have had prior surgical or aesthetic procedures in the area to be treated, please let your provider know.

### For best results, 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.**
- **Avoid COVID-19 vaccinations or boosters 2 weeks before and after treatment.**
- Begin oral arnica supplements 2 days prior to treatment
  - **Boiron Arnica Montana 30 C - 80 CT from Sprouts Farmers Market: dissolve 5 tablets in mouth 3 times daily for 5 days (two days prior to filler appointment and three days after your filler appointment).**

### For best results, immediately after treatment:

- May use topical and/or oral arnica supplements to help minimize swelling/bruising
- Apply cool compresses to injection site (gently, without firm pressure) for 10-15 minutes on and off for the first 24 hours to improve swelling and discomfort
- Avoid massaging the injection area unless otherwise instructed
- Keep head elevated while sleeping (on a couple of pillows)
- Tylenol (acetaminophen) can be taken for discomfort
- Avoid makeup for 12 hours after injections
- Avoid strenuous physical activity for 24 hours
- Avoid dental procedures or teeth cleaning two weeks after injections
- Keep your scheduled follow up appointment
- Call us with any questions or concerns (480) 855-0085

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 emergency line (480) 855-0085.