

B.TOX.BAR.

Filler Pre & Post Treatment Instructions

About Fillers

Fillers are products such as hyaluronic acid (Juvederm®, Restylane®, Belotero®), calcium hydroxyl-apatite (Radiesse®), and poly methyl methacrylate (PMMA) (Bellafill®), that are injected to replace volume loss in areas of the face and body that gradually lose collagen and fat and overtime. Fillers can be used to fill cheeks, tear troughs, marionette lines, enhance lips, raise depressed acne scars, and even for the hands. Fillers can last 6-12 months, or longer, depending on the volume, location and type of filler used.

Before Your Treatment

- Avoid agents that increase the risk of bruising 1 week prior to treatment and 2 days after:
- Aspirin, ibuprofen (Advil, Aleve, Motrin, Naprosyn), Excedrin, St. John's wort, Vitamin E, fish oil, omega-3s, ginkgo biloba, ginseng
- Do NOT stop any medications that were prescribed by your doctor and are medically necessary to take.
- Avoid drinking alcohol 1 week prior to your treatment to minimize the risk of bruising.
- To minimize bruising take arnica or bromelain up to 1 week prior to and 1 week after treatment or until the bruising fades.
- If we are treating your lips, let us know if you have a history of developing cold sores/fever blisters so we may prescribe medication to help prevent an outbreak.
- Avoid any dental work 2 weeks before and after filler treatment.
- Please let us know if you have a history of abnormal healing, scarring, or are allergic to lidocaine.
- We will be cleaning your face and removing any makeup in the area before treatment. It would be easiest if you are able to come without any makeup prior to your appointment.
- Plan for this procedure well before (at least 2-4 weeks) any special events or functions.

What to Expect After Treatment

- Some redness and swelling are expected. Tenderness can also be expected for about 1 week.
- Bruising is possible and can last up to 1-2 weeks. Arnica cream/gel can be applied 3-5 times a day to reduce bruising.
- Applying intermittent cold compresses or ice (for 2-5 minutes at a time) to the treatment areas during the first 24 hours may reduce swelling.
- Some people may develop nodules after filler. Most resolve within a month. If the nodules persist, please schedule a follow-up appointment.
- Braces and retainers can create nodules in the lips or lines under the lip when lip filler is placed due to pressure or friction.

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What to Expect After Treatment

- If you notice a painful, red, warm or draining nodule, please contact the office and return to our office as soon as possible.
- If you notice any significant pain, tenderness or large areas of bruising or blanching please contact our office immediately.

Things to Avoid After Treatment

- Do not rub or massage the treated area. Do not schedule any facials or chemical peels for 24 hours after your treatment.
- Avoid strenuous exercise for 24 hours.
- Do not lay down or bend forward for too long for ~4 hours after treatment.
- Avoid consuming large amounts of alcohol, this can increase your risk of bruising