

## Pre/Post Injection Guidelines

Dermal Filler and Neurotoxin Injection Treatment Guidelines recommended for obtaining the best results from your dermal filler and other injectable treatments. Dermal Filler injections (Bellafill, Juvederm, Versa, Radiesse, PRP) and Neurotoxin injections (Botox, Jeuveau) carry the risk of bruising if you are taking certain supplements or medications. To reduce this risk, please note the items on this list and discontinue before your appointment for injections.

### **Pre Injection Instructions**

Medications to Discontinue **3 Days before Treatment** (7 days if time allows)

Aspirin  
Ibuprofen (Motrin, Advil, Aleve)  
St. John's Wort  
Omega 3 fatty acids (Fish Oil)  
Vitamin E  
Ginger  
Ginkgo Biloba  
Ginseng

\*\*If you have been prescribed Aspirin or any prescription Blood Thinner, **do not discontinue** unless permitted by your prescribing physician. Cold Sores: If you have a history of cold sores, you may want to pre treat for prevention.

Begin taking Arnica Montana pellets (available at our office, Whole Foods, vitamin or natural food stores) **2 days prior to your appointment, day of your procedure and 3 days post treatment.**

Cannula injection techniques have dramatically reduced the incidence of bruising, but you can further reduce the possibility of bruising by following these recommendations:

### **Post Injection Instructions**

The most common side effects following injection include localized redness, possible tenderness, swelling, bleeding or bruising.

To minimize bruising and swelling, we recommend applying an icepack or hot compress gently and intermittently to the areas that were injected. Ten minutes total each hour until going to sleep the day of injection.

When the numbing agent in the injection wears off, you will feel an aching sensation. If you choose to take a pain reliever, we prefer that you take Tylenol rather than Ibuprofen, NSAIDS or aspirin containing products.

#### **For the rest of the treatment/injection day:**

- Do not massage the injection areas
- Do not participate in vigorous exercise (or any activity that is likely to result in sweating)
- You can wear makeup immediately if you would like. Be sure to gently cleanse and moisturize your face according to your usual routine.

#### **For 2 nights post filler injection, please try to:**

- Sleep on your back since the filler is soft and can get "pressed" by sleeping on it
- Sleep with your head elevated, preferably in a recliner or propped up with pillows, to help minimize swelling and bruising.

#### **For the next week, please do not:**

- Go into a sauna or hot tub or apply heat to the areas that were injected. The filler may be affected in response to heat during the first 7 days post injection.
- If swelling persists beyond 2 days after your treatment, you may take a non-drowsy antihistamine (Claritin, Zyrtec or Allegra-or Benadryl at night).

Redness: Please refrain from applying makeup to the injection area for at least 1 hour. Be sure that your makeup brushes, applicators and hands are clean prior to use.

Tenderness/Pain: You may take Tylenol post treatment if necessary. Arnica should be continued 3 days post treatment.

Lips: The initial swelling after treatment to the lips may last a few days. Some patients experience swelling for up to a week and the lips can look somewhat 'uneven' during this time. It takes time for hyaluronic gels to balance with your skin's own water content which along with swelling may alter the result in the first few days post injection. After the swelling has subsided, you will be able to see your true results.

**\*Please contact our office during clinic hours at 425-998-9227 or after hours at 425-331-9323 should you have any cause for concern related to a recent procedure.**