



## MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

## DERMAL FILLERS PRE/POST TREATMENT

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### BEFORE DERMAL FILLERS:

Avoid alcohol & blood thinners (Aspirin, Ibuprofen, etc) 24 - 48 hours prior to your treatment. This increases your chance of bruising.

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### DURING AND IMMEDIATELY AFTER YOUR VOLUMIZING FILLER TREATMENT:

- Volumizing filler is injected into the skin to soften wrinkles or folds by adding volume.
  - Most patients report a mild discomfort typically associated with needle injections. Bruising at the site of injection is a commonly reported side effect. To minimize bruising, inform your provider if you use blood thinners such as ibuprofen, aspirin or herbal supplements.
  - You may temporarily experience minimal to moderate swelling following treatment. This should dissipate following injection. Please contact our office if swelling persists.
  - It is normal to experience some tenderness at the treatment site for a few days.
  - It may be normal to feel a "firmness" in your treated area/s for the first few days after treatment, and then soften and settle, leaving you with a soft, natural looking result.
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### POST-TREATMENT INSTRUCTIONS:

- Application of an ice pack to the injection area after treatment may help reduce swelling. If Swelling persists please contact our office.
- Do not rub or massage the treated area today.
- Avoid strenuous exercise or activity for the remainder of 24 hours. You may resume other normal activities/routines immediately.
- You may begin wearing makeup once any pinpoint bleeding from the injection site/s has subsided.
- Avoid drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30.
- We recommend you wait a minimum of 1 week before receiving any skincare or laser treatments.
- Less Common Side-Effects + Complications:
  - Infection at the injection site
  - Asymmetry
  - Bleeding, bruising and swelling
  - Skin rash, under or over correction
  - Vascular occlusion