



## **Filler Post-Treatment Instructions**

### **Post-Treatment Instructions for Filler Fillers**

#### **Common and Anticipated Side Effects Following Your Filler Treatment -**

Minor asymmetry, lumps (visible and/or palpable), redness, swelling and bruising following your Filler XC treatment may occur for up to 4 weeks.

#### **TO HELP REDUCE YOUR RISK FOR NODULES & INFECTION**

- \*Please avoid placing your cell phone up against your face for 12 hours
  - Please wear a clean face mask every day. We will make sure to give you a clean mask immediately after your treatment
- \*Change your pillowcase before you go to bed
- \*Keep your hair back until the next day
- \*If you are prescribed Arnica Gel by your injector, wait 12 hours before using. Make sure you wash your hands each time before applying Arnica Gel. You may apply Arnica Gel 2-3 times per day.
- \*Avoid touching your face (or area treated with filler) for the remainder of the day.
- \*If you had your lips or area around your mouth injected, please do not touch the area, lick your lips or apply any lip products for 24 hours
- \*Do NOT use makeup for 12 hours after your treatment. Clean all make-up brushes, applicators and surfaces prior to applying your makeup to prevent infection
- \*Do NOT use any skincare products for 24 hours after your treatment. You may gently cleanse your face with a cleanser after 12 hours.
- \*Do NOT have any immunizations for 2 weeks after your treatment
- \*Do NOT have any dental work for 2 weeks after your treatment
- \*Do NOT have any air travel or scuba diving for 2 weeks after your treatment.
- \*Do NOT have any facials or massage for 2 weeks after your treatment
- \*Do NOT wear goggles or ski masks for 2 weeks after your treatment

#### **FOR SWELLING**

Take non-sedating antihistamines (Claritin or Zyrtec) as per package directions for 7 - 10 days to control swelling.

Use ice packs up to 15 minutes per hour or as needed while symptoms persist.

To reduce swelling and bruising, please avoid all alcohol consumption, extended sun exposure, vigorous exercise or becoming overheated for 24 hours following your Filler treatment and until all side effects have completely resolved.

#### FOR BRUISING

To help resolve any bruising we recommend taking VitaMedica Arnica tabs. Be sure to avoid eating, drinking and brushing your teeth 15 minutes before and after taking the Arnica tablets. Do not place the Arnica tabs directly in your hand, as contact with the skin denatures the product. Instead, place the tabs directly under your tongue.

#### Arnica 6C Pellets

##### Day 1

- Shake & Dispense 3 pellets q2hrs

- Do not touch with hands

- Dissolve under tongue

- Avoid eating/drinking/chewing gum/brushing teeth 30 min before & after Arnica dose

##### Day 2 and until done

- Shake & Dispense 3 pellets TID

- Do not touch with hands

- Dissolve under tongue

- Avoid eating/drinking/chewing gum/brushing teeth 30 min before & after Arnica dose

#### Occumend Patches

Apply one patch over the area of bruising immediately after injection. Leave on until bedtime. You may take off and place on the plastic backing to go out in public, and then reapply when you are back at home.

Apply the second patch at bedtime and leave on until morning

You may take acetaminophen as needed for discomfort. Immediately report any discomfort that is more than minor.

Avoid any facial treatments, massage, facial waxing, or laser procedures until after your two week follow-up appointment; and until these treatments have been cleared by your injector/provider.

PLEASE AVOID ANY FACIAL MASSAGE; PLACING YOUR FACE IN A MASSAGE CRADLE; WEARING GOOGLES (SWIMMING, SKIING); OR FACEMASKS (other than standard cloth or disposable facemask) FOR TWO WEEKS AFTER YOUR TREATMENT TO AVOID DISPLACEMENT OR DENTING OF YOUR FILLER

If you have a history of cold sores you may have an outbreak following your Filler treatment. Should this occur please contact our office to discuss a possible prescription for an antiviral medication.

Because we want you to have the VERY best results with your Filler treatment, we will have you come back in two weeks for us to evaluate the area(s) treated and make any necessary refinements to provide you with the best possible results and the longest lasting effect.

IMMEDIATELY CALL OUR OFFICE OR AFTER HOURS SHOULD YOU EXPERIENCE EXCESSIVE OR INCREASING PAIN; MOTTLED SKIN (OR UNUSUAL SKIN DISCOLORATION), EXCESSIVE REDNESS/SWELLING/BRUISING; OR HEAT IN THE AREAS INJECTED

541.298.5066 OFFICE

541.806.5066 AFTER HOURS