

About Injectable Fillers

Fillers are an extremely popular and effective procedure as they provide safe and immediate rejuvenation of the face and hands. A wide variety of different fillers are available, each unique in their application to improve the appearance of volume loss, fine lines and wrinkles, hollowing, and even scars. Many patients may require more than one treatment for optimal results and gradual remodeling of the treatment area.

Pre-Procedure

- Aspirin, vitamin E, ibuprofen, fish oil, and many other herbal supplements may contribute to bruising and swelling. Discontinue these medications for 2 weeks prior to the procedure with consent of the prescribing physician. Treatment may still be done despite taking these medications, but patients may expect an increased chance of bruising or swelling.
- If you have a history of cold sores, the anti-viral medication Valtrex should be started one day prior to the procedure and continued for 5 days post procedure. Dosing of Valtrex is 1 gram (or 1000 mg) twice a day. Please notify us in advance of your appointment if you need a prescription for Valtrex.
- To reduce the possibility of swelling, please avoid salty foods, alcohol, and strenuous exercise on the day of your treatment.

What to Expect During Your Procedure

- When you arrive for your appointment, we will take pre-procedure photos for documentation, so plan to remove all traces of makeup and sunscreen in the expected treatment areas.
- A clinic team member will apply numb gel to the treatment area to make you more comfortable during the procedure. Pregnant women may not be candidates for numb gel or this treatment altogether.

Post- Procedure

- Apply an ice pack intermittently for the first few hours following your injection. Swelling is normal and may last for several days, possibly increasing on the second or third day before it resolves. Staying elevated will help reduce swelling as well. Delay flight travel for 24 hours after treatment.
- Some people may experience bruising following their treatment with injectable fillers. Bruising resolves in a few days and may be covered up with makeup on the morning following your injection. For dark bruising of the skin, we offer a complimentary BBL spot treatment of the bruise to help speed recovery. Please call our office to schedule.
- Moderate pain, tenderness, and redness are also normal for a few days following your injection.
- **During the first three days, do not** massage the area and try to minimize movement of the treatment area. Temporary lumpiness or asymmetry may also be present and should resolve with time. If there is a visible lump or bump in the area of your injectable filler several days following treatment, you may massage the area gently to distribute the injectable filler. If there is a lump that you can feel, but not see, do not manipulate as this is normal and should resolve with time.

If you have any questions, concerns, or experience any problems after treatment, please call our office at 919-942-2922.