

# SANCTUARY

## DERMATOLOGY



Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

### Filler PreTreatment Instructions

- Schedule your injection at a time when swelling or bruising will not disrupt your social or work obligations. Each time you are treated, downtime may vary.
- To lessen the likelihood of bruising and significant swelling, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This may include aspirin, ibuprofen (Motrin or Advil), naproxen, or fish oil.
- Alcohol is also to be avoided 24 hours pre- or post-injectable treatment, as it is also a blood thinner.
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections. Reschedule your appointment if you have any open sores in the treatment area.
- It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- There is a risk of infection with any injection. We do all that we can in the office to minimize this risk. For this reason, we will delay injectables if you:
  - Have had any dental procedures in the past 30 days or are anticipating dental procedures in the next 30 days.
  - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
  - Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores, skin eruptions, or infection in or near the areas to be treated.

### Treatment Recommendations

Filler injections do not give permanent results, but the effect will normally last between six months and two years, depending on the patient.



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### Filler Post Treatment Instructions

**After treatment, please be aware and observe the following:**

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Cosmetic fillers are not permanent. Longevity depends on which filler is used, the areas treated, and your body's metabolism.
- DO NOT massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment as this may increase bruising and swelling.
- Ice packs or cool compresses may be used on the treated area during the first 12 hours. Apply for up to 15 minutes at a time per hour.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back.
- If experiencing swelling, sleep with your head elevated on pillows for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience tenderness or discomfort.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system. Please contact your provider or a member of the staff for product recommendations.
- If you experience any of the following symptoms, contact our office immediately: dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice any of these symptoms, call our office immediately.

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