



Anti-Aging And Medical Skin Care Center

Filler PRE & POST Care Instructions

BEFORE YOUR TREATMENT

While there is no way to guarantee a bruise-less result, there are certain items which can increase the chances of bruising and bleeding. While bruising itself is not harmful or even 100% preventable, no one wants to walk around for days to weeks waiting for bruises to resolve. When possible a microcannula, ice and/or the tiniest needles are used to mitigate bruising.

For best results, please follow these recommendations:

- Avoid any dental work for two weeks before and after treatment if getting filler in the lower face region.
- Avoid taking any anti-inflammatory medications for 2 weeks prior. These include omega oil, flax oil, cod liver oil, fish oil, krill oil, aspirin, Motrin, Ibuprofen, Aleve, Naproxen, Celebrex, Mobic, prescription oral steroids or any other anti-inflammatory medication for two weeks before a planned procedure. You may take over the counter acetaminophen (a.k.a. "Tylenol") as directed on the bottle if needed though for headache, fever or pain. You should also avoid natural anti-inflammatory supplements such as ginkgo, tumeric or garlic for a week before.
- Avoid any alcohol for 36 hours. All alcohol, including even one glass of wine, suppresses platelet activity for up to 36 hours which increases the chance for bruising and bleeding.

Please come with a cleaned face without makeup if possible. All makeup will be completely removed before treatment.

Please do not schedule filler to be done within 1 week of any other anti-aging or facial treatments, or anytime you are experiencing a sunburn, active infection or inflammation of the intended treatment sites. Please call for clarification if you have any questions.

Please do not schedule any injection treatments if you are breastfeeding or pregnant. We will not treat anyone who is in either condition for safety.

Bruises can sometimes resolve quicker with an Intense Pulse Light (IPL) laser type of light treatment done as soon as possible after a bruise develops. We will provide free IPL spot treatments for any bruises if you are a candidate for the laser and the schedule permits. Please ask if you develop a bruise and are interested in this service (if applicable).

Please be conscious of any upcoming social events prior to scheduling a filler treatment. You will want to have enough time to allow for bruising and swelling to resolve as well as enough time for any last-minute touch ups that may be required to obtain desired results. Some treatments can take several weeks to months to take effect so make sure you understand the treatment timeline if you want results for a certain date. Don't ever wait to the last minute!



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AFTER YOUR TREATMENT

After treatment with fillers, you will have some degree of a temporary increased warmth, bruising and/or swelling. This is a normal response to all fillers and is most noticeable over the next 2 to 3 days (especially upon awakening), then it subsides over the next 1-2 weeks typically. Everyone's swelling response is unique and dependent upon your body's immune reaction as well. To ease swelling and bruising, please apply an ice pack with the "on/off" technique: on for a few minutes, off for a few minutes for a total of 10 minutes, however many times a day as desired for the first 24 to 48 hours. If needed, take whatever routine over-the-counter nonsteroidal anti-inflammatory medications that you normally take for aches and pains such as Ibuprofen or Naproxen to help with any discomfort or swelling. If swelling is significant, oral steroids can be provided if needed. Radiesse and Sculpture are normally associated with more swelling and bruising than traditional hyaluronic acid fillers. Filler placed under the eyes and lips can cause more swelling than other areas.

Since make-up is not sterile, do not apply it to your face for 24 hours after your treatment. This will reduce the risk of infection from bacteria-contaminated make-up being introduced through the skin in the treated areas.

It is normal for gel fillers to be palpable and feel firm under the skin for up to 2 weeks or more. It takes time for your body to break down the filler and absorb it. Unless specifically instructed to do so, please do not massage the treated areas.

You may resume other normal activities/routines immediately as tolerated.

Wait a minimum of **2** weeks before receiving any skincare, laser or advanced dental treatments.

FOR SCULPTRA TREATMENTS OF THE FACE ONLY: It is VERY IMPORTANT to massage the treated areas at least for 5 minutes 5 times a day for 5 days after your treatment. You may even massage more if desired. Failure to do adequate post Sculptra massage may result in the development of rare benign nodules that can occur months to years later. Please use clean washed hands only when massaging.

FOR SCULPTRA or DERMASMOOTH TREATMENTS OF THE BODY: No massage is needed unless informed to do so. You will have a band aid over the injection sites. It's normal for a bit of the water used to mix up the Sculptra can ooze out of the injection site for a few hours so please leave the band aid on for the remainder of the day. You may remove it before showering the next day. Please avoid prolonged immersion of the treatment areas in tubs, spas or pools for 72 hours. Due to the amount of bacteria in the ocean, please do not swim or soak the treated areas in ocean water for 5 days.

If you experience an increase in pain, excessive swelling or redness, a blotchy dark reddish-purple or white discoloration (more than a bruise), fever, notable change in temperature to the skin, pustule or pus formation, crusting or oozing to the treatment area or extending beyond the treatment area, or for any questions, problems, or concerns, please call immediately at (203)699-6772.

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