



PRE-TREATMENT INSTRUCTIONS FOR FILLERS

Avoid alcohol the day prior to injection to prevent bruising from occurring due to the blood thinning effects of alcohol.

Avoid anti-inflammatory and blood thinning medications for 2 weeks prior to treatment. Such medications include aspirin, NSAIDs (Ibuprofen, Naprosyn, Aleve), Vitamin E, Ginko Biloba, St. John's Wort, Coumadin/warfarin, Pletal, Aggrenox, etc. It is recommended that you speak to your physician before discontinuing these medications prior to doing so however.

Avoid strenuous exercise the day of injections

Schedule injections so they are not within 2 weeks of a special occasion/event in case of bruising.

Begin taking Arnica tablets, 5 pellets three times a day, 2 days prior to injection. Continue the day of injection and 2 days after. You can continue them as long as needed for bruising and/or swelling.

Reschedule if you have a cold sore, blemish or rash on your face in the area to be injected.

WHAT TO EXPECT DURING THE TREATMENT

Filler is injected into the skin to soften wrinkles or folds by adding volume.

Local numbing medication may be used to maximize your comfort during the procedure. Most patients report a mild discomfort typically associated with needle injections.

To ensure an even correction, Dr. Tsitsis will massage the area which may cause a temporary amount of redness to your skin.

POST-TREATMENT FILLER INSTRUCTIONS

Application of an ice pack or cold compress to the injection area after treatment may help reduce swelling. If swelling or redness persists, please contact Dr. Tsitsis.

It is normal to feel “firmness” in your injection area for the first few days after treatment. Over time, the area will soften, leaving you with a natural looking result.

Bruising at the site of injection is a commonly reported side effect.

A temporary amount of minimal to moderate swelling can be expected following treatment. This should dissipate following injection. Please contact Dr. Tsitsis if swelling persists.

For the first 7 days, sleep **ON YOUR BACK** with an extra pillow to keep the head slightly elevated with pillows on each side as well.

DO NOT get a massage or do a procedure where you will be lying on your face for the next 48 hours.

It is normal to experience some tenderness at the treatment site for a few days.

Avoid touching the area within 6 hours of treatment. After that, you can gently wash the area.

Avoid exercise and alcohol for 6 hours post treatment.

Many patients immediately return to their normal routine/activities. Sunbathing or excessive UV exposure should be avoided until the redness or swelling has subsided. However, you should ask Dr. Tsitsis for her recommendations for yourself specifically.

Makeup may be applied shortly after treatment if no complications are present and using gentle application. Check with Dr. Tsitsis for further recommendations.

If you were taking Arnica prior to your injections, continue to take 5 pellets 3 times a day today and for the following 2 days.

Immediately report any worsening, persistent symptoms or side effects to Dr. Tsitsis.