



Injection Soft-Tissue Filler Pre and Post Treatment Guidelines

Bellafill, Belotero, Radiesse, Sculptra

Restylane Products (Lyft, Restylane Silk)

Juvederm Products (Juvederm, Ultra, Voluma, Volbella, Vollure)

PRE-TREATMENT GUIDELINES

- No Aspirin or other medications that interfere with blood clotting for 10 days before treatment as you may bruise excessively. It may be best to avoid Vitamin E, Gingko Biloba, St. John's Wort, garlic, and Ibuprofen (or other similar medications such as Motrin, Advil, Naproxen, Aleve, etc.) If you are on a blood thinner for a medical reason, check with your doctor before stopping it.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing Doctor to see if you are able to stop these medications for 7-10 days before your appointment, and at least 2 days after the procedure
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform us at least one week before your appointment. You may be prescribed an antiviral (Valtrex) to prevent an outbreak.
- Come to your appointment with a clean face and no make-up.
- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections.

POST-TREATMENT GUIDELINES

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness, after the injections. These usually subside a few days after the treatment but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office immediately.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Acetaminophen (Tylenol) every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after treatment, if no complications are present such as wounds, bleeding, or infection.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with gentle cleanser or a mild soap.
- If you had a Sculptra treatment, gently massage the treated area with your fingertips for 5 minutes, 5 times a day for 3 days.
- Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks (2 months after Sculptra injections), to see if a touch-up is needed. Remember this procedure is fine-tuned toward the look you want to achieve and is not an exact science.
- Please notify the office immediately if you experience any unusual problems.