

## FILLER INJECTION INSTRUCTIONS

### Before the Procedure

- To minimize bruising, avoid ALCOHOL, aspirin, ibuprofen (Advil), high-dose fish oil, garlic supplements, or vitamin E for 2 weeks prior to your treatment. All of these agents thin the blood and may cause more bleeding and bruising. Begin Arnica supplements 1-2 days prior to your injections to help minimize bruising (see below)
- Inform Dr. Brown if you have a history of cold sores in the area of treatment so that we can prescribe antiviral medication for you. You will need to begin this medication on the day of the injections.
- Do not undergo filler injections if you are pregnant or breastfeeding

### After the Procedure

- Immediately after the procedure you will have some redness and swelling in the injection areas. Apply ice packs to the area off and on for several hours after the injections to help with any swelling or pain. You can cover up any areas with clean make-up.
- If you are concerned about excessive swelling, we can prescribe prednisone pills for you to take for several days. If taken at the time of the procedure, these pills can help to prevent and minimize swelling. Please let us know before or at the time of your appointment if you would like a prednisone prescription.
- Do not massage or excessively manipulate the treated area (by rubbing or pressing hard).
- Do not exercise (running, aerobics, weight lifting, etc) until the next morning.
- If you have pain, you may take Tylenol or Advil for pain. If the pain is severe, please contact Dr. Brown for stronger pain medication.
- As with any injections, you may likely develop bruising after the procedure. This can be covered with makeup immediately. Ice packs immediately after the procedure may also help minimize bruising. A natural, homeopathic supplement, "Arnica", can be taken before and after the procedure, 4 times a day, to help minimize the bruising. This is available at health food stores or in our office for \$9. We also have Auriderm cream in the office that can be applied directly to the area to speed up the healing of any bruising.
- To minimize swelling, keep your head elevated and avoid lying flat. Use several pillows at night or elevate the head of your bed to reduce pooling of blood and fluid in the area. This is particularly important with Restylane injections under the eyes.
- If you have had injections into the cheeks, it is important to sleep on your back the first night after your procedure. Lying prone or on your side may possibly move the product out of place.
- You will often feel the product in the skin after the procedure. This is normal and resolves within several days or weeks. If you still feel a "lump" or swelling at 2 weeks, please be sure to follow up in the office for an evaluation. Dr. Brown can typically massage or inject it.

### WANT TO SAVE MONEY WITH YOUR NEXT FILLER INJECTION?

We offer 10% off your next Restylane, Belotier, Lyft, or Radiesse procedure for each new patient you refer who receives the same treatment. If you refer 5 patients, you get 50% off your next treatment. Just have your friends mention your name when they come in.