

Fillers

PRE- AND POST-CARE INSTRUCTIONS

PRE-CARE INSTRUCTIONS

ONE WEEK TO 24 HOURS BEFORE

One Week Before Treatment

- Avoid blood thinners If medically appropriate. Please ask your doctor before stopping any prescribed medications.
- Stop taking aspirin, ibuprofen (Advil™, Motrin™), naproxen (Aleve™), fish oil, vitamin E, ginkgo biloba, ginseng and St. John's Wort.
 - | If you're on prescription blood thinners, talk to your doctor first.
- No alcohol. Avoid alcohol for at least 24–48 hours prior—alcohol can increase bruising.
- Avoid dental work or vaccines. These can increase inflammation and are best spaced at least two weeks from your filler appointment
- Note: If you have been sick with an infection or are currently taking any prescription medications like an antibiotic to treat an infection, we will want to reschedule your appointment to ensure the best results for your filler treatment.
- Skip harsh skincare. No chemical peels, Retin-A, retinol, glycolic acid or exfoliants for three to five days before your appointment in the intended treatment areas.
- You can also take Arnica Montana tablets seven to 10 days prior to your appointment. It is recommended to take two to three tablets, two to three times a day. These tablets are typically placed under the tongue or chewed. You can also take Bromelain to help prevent swelling or bruising.
- Let your injector know if you:
 - | Are pregnant or breastfeeding
 - | Have a neurological or autoimmune disorder

Two to Three Days Before

- Hydrate well. Hyaluronic acid binds to water. Hydration helps you get better plumping and smoothing results.
- Cold sore prevention: If you have a history of cold sores and are getting filler near the lips, please call and ask about antiviral medication like valacyclovir (Valtrex™) as a precautionary treatment before and after.

Day of Treatment

- Come with a clean face—no makeup, lotion or skincare.
- Eat a light meal beforehand to avoid feeling faint and make sure you are properly hydrated.

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POST-CARE INSTRUCTIONS

Immediately After (First 24 Hours)

- Avoid touching the area.
- Stay upright for at least four hours after treatment—no lying down or napping right away as this may lead to additional swelling.
- Avoid makeup for at least 24 hours, but no lipstick, lip liners or lip products that have to be pressed to apply for two weeks. Use Aquaphor, Vaseline and new products containing Arnica Montana.
- Do not exercise, get overheated or do strenuous activity for 24–72 hours.
- No facials, lasers, saunas, tanning or hot yoga for at least two weeks.

One to Three Days After

- Mild swelling, bruising, tenderness and possible lumps are normal and should resolve. If you have any lumps or bumps that are still visible after three days, please contact us so you can come in to have the area properly massaged.
- Sleep with your head elevated (2 pillows) if you want to help reduce swelling.
- You can use Arnica Montana or Bromelain supplements (with provider approval) to reduce bruising.
- Avoid alcohol.
- Avoid blood-thinning medications. If you have a prescription, please contact your doctor and receive prior authorization to temporarily stop blood-thinning medications.

One to Two Weeks After

- Avoid massaging or pressing on the treated area unless directed by your provider.
- Swelling should gradually subside; final results are typically visible after 10–14 days.
- Contact us if you experience:
 - Severe pain.
 - Blanching of the skin (whitening)
 - Livedo pattern (mottled appearance)
 - Vision changes
 - Ulceration or dark scabs



If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!

