



## DERMAL FILLERS & Sculptra

### **MUST READ: *Dermal fillers & Sculptra – Pre/Post Treatment Requirements***

Please come in with a clean face 30 minutes prior to your appointment to have adequate time if you would like to numb. If you are late to your appointment, we most likely will have to reschedule you and you will be liable for a late cancellation fee. If you are unable to come in with a clean face, we do have makeup wipes available in our restroom for your use. Remember, this is an implanted medical device and it is incredibly important that we have a clean face to work with to avoid infection. The entire face must be clean, not just the injection area. If having your lips injected, please use our mouthwash when you arrive. Please bring a clean mask to your appointment, dirty masks carry a risk of infection

Do not plan your injections for *at least 2 weeks* before a big event. Even if you have never bruised before, bruising and swelling is always a possibility.

It is also advisable not to fly/scuba dive or snorkel within 24 hours or longer of receiving filler due to the possibility of swelling with a change in pressure.

Any medication/supplement that thins the blood can increase the risk of bleeding. Talk to your healthcare provider if you take the following medications or supplements (Generally they should be avoided at least 7 days prior to injection):

- Fish Oil, Asprin, Naproxen, Ibuprofen, Warfarin, Xarelto, St. John's Wart, Flaxseed oil, Garlic, Ginkgo Biloba, Vitamin E. This list is not all-inclusive.

Do not drink alcohol for 24 hours before or after your treatment. Do not smoke for 24 hours following your treatment. Avoid excessive amounts of caffeine prior to your appointment as this can contribute to an increase in bleeding.

If you think you may have a contraindication to treatment, please call us to schedule a free consultation. If you are unsure if you want to be treated, please do not book for filler and instead book a free consultation.

**Bellafill** requires an allergy test 28 days prior to treatment. Please only book this appointment if you have already had the allergy test or have had Bellafill in the past. Contraindications include but are not limited to:

- pregnancy or breastfeeding, infection at the site of treatment, autoimmune disease, immunosuppressant therapy, multiple or severe allergies or allergies to lidocaine.

Ice for the next 4 hours - 15 minutes on/15 minutes off following your injections unless told otherwise. You can continue to ice periodically for continued swelling.

Avoid anything that will heat the face for 24 hours (hot tub/laying out/working out); apply sunscreen for incidental exposure.

Do not massage the area unless instructed by the injector. – – Try not to lay on the injected area for 8 hours. If nose or cheek filler was used do not wear glasses for at least 8 hours.

If lips were treated apply Lipluxe to the lips frequently to prevent chapped lips. Lipluxe is available for purchase in our office and was specially

formulated to hydrate the lips after injections while allowing them to breathe.

Swelling/bruising can occur and may last up to two weeks depending on your body. Some people find Arnica, Bromelain, or fresh Pineapple to be helpful before or after the procedure to help with swelling and bruising. Inflammation supplements and Arnica pellets and gel are available in our office for purchase, as well as the Alastin post injection serum.

Inform us if you are prone to cold sores as injecting the lips or near the lips may increase the risk of an outbreak but can be treated.

Do not apply makeup after your treatment until the open areas are completely closed. If possible, skip makeup the day of treatment and do not use any unclean brushes/beauty blenders to apply makeup.

**Oxygenetix** foundation is available for purchase which is specifically formulated to be safe to apply after procedures. It is available for purchase in our office as well as the **Jane Iredale corrective colors bruise concealing kit**. Sunscreen, serums etc., can be applied after 4 hours.

Don't get a facial, chemical peel/massage 1-2 weeks following your treatment. In our office, we do not perform chemical peels the same day as filler.

**Microneedling/Laser/Ultherapy** generally should be avoided for a month after filler if treating in the same area. Let your treating provider know about your recent treatment. If your tear troughs were injected recently, treatments around that area should be less aggressive.

**Apply a clean mask following injections.** Phones should also be cleaned with alcohol pads to decrease the risk of infection. Lumps, bumps, asymmetry in the areas injected are normal. They usually dissipate within a few weeks. It is common to feel a lump but not see it while it integrates into

the tissue. If necessary additional filler can be placed after 2-4 weeks. If desiring to build volume in the lips, treatments may be needed monthly depending on your goals.

**Sculptra** injections require massage and we recommend the 5-5-5 rule (massage 5 minutes, 5 times a day, for 5 days) as demonstrated in our office. Massage should be gentle and done with a facial cream or serum. Don't worry- you cannot move the Sculptra out of place with massage! Sculptra often has more swelling than fillers because more volume (water) was injected. Expect this to go down within a few days then gradually over weeks as collagen will begin to build. Expect to need 2-3 treatments of Sculptra spaced 1-3 months apart.

Swelling, redness and tenderness are normal after injections. Temple filler will usually result in pain while chewing. If you experience severe pain, mottling or discoloration of the skin please contact us immediately! Better to be safe than sorry, please call/text us with any concerns.

**Other reasons not to be treated:**

Pregnancy, Breastfeeding, recent vaccine (including flu or COVID), recent surgery or antibiotics within the last week, skin infection or any treatments that require laying on the treatment area for a prolonged period such as massage.

**If you are unsure if you should be treated or not - it is your responsibility to talk to us at least 24 hours prior to your appointment. As we are not aware of all the possible contraindications that may prevent you from being treated therefore it is expected that you review this list prior to your appointment. Failure to communicate with us will result in a \$125 fee for the booked time. Please do not wait until your appointment to talk to us. We book out an hour for filler and must charge for that time. We thank you for your understanding in this matter.**