

Filler Treatment Handout

Prior to Treatment:

- Avoid aspirin (including Excedrin), vitamin E, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew and ginseng for 2 weeks. If you are using aspirin for a cardiology indication, you *must* consult and bring a copy of your visitation note by your provider prior to Botox therapy.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days prior to and after your treatment.
- If possible, come to your appointment with a cleanly washed face *and without makeup*. This greatly assists in determining the best placement for the injection sites to maximize your results.

After Treatment:

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.
- Avoid placing excessive pressure on the treated area(s) for the first few hours and up to 2 to 3 days; when cleansing your face or applying makeup, be very gentle.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.
- Bruising will generally fade in 5 to 14 days.

Please contact us at 541-200-2777 if you have any questions or concerns.