

# FILLER

## PRE CARE

Allow two weeks before any special event. May take Arnica tabs 7-10 days prior to appointment. Avoid Asprin for 10 days, Ibuprofen, Advil, Aleve, Vit E, ginseng, St Johns Wort, Omega3/fish oil, for five days prior to procedure, Alcohol for 24 hours prior to appointment. Tylenol may be taken. Avoid dental work for two weeks before AND after. Reschedule if you have a cold sore and with a history of coldsores, consult PCP and consider antivirals prior to filler for lips as filler can trigger an outbreak.

**Risks/Complications** The following risks may occur, but there may be unforeseen risks and risks that are not included on this list. Some if they occur, may necessitate hospitalization, and/or extended outpatient therapy to permit adequate treatment. This specific instance such risks include but are not limited to: **1)** Post treatment discomfort, swelling, redness, bruising, and discoloration; **2)** Post treatment infection associated with any transcutaneous injection; **3)** Allergic reaction; **4)** Reactivation of herpes (cold sores); **5)** Lumpiness, visible yellow or white patches; **6)** Granuloma formation; **7)** Localized necrosis and/or sloughing, with scab and/or without scab if blood vessel occlusion occurs; **8)** Blindness due to vascular occlusion. **Contraindications** Pregnant or Breastfeeding. Multiple allergies or high sensitivity to medications, including but not limited to Lidocaine.

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## POST CARE

- May use ice pack 20 minutes on and 20 minutes off



- Vigorous exercise for 48 hrs
- Saunas or hot tubs
- Sun exposure while bruising exists
- Massaging or manipulating treated area for the rest of the day
- No dental work or cleanings for 2 weeks

You may apply makeup as usual the day following procedure. Keep head elevated while sleeping. May take Tylenol with headache or discomfort. After bruising resolves you may take ibuprofen. Arnica may be taken for a week leading up to appointment to try to minimize bruising. Arnica gel may be used on any bruises. Notify office immediately with excessive pain, swelling, white blotchy blueish or dark red discoloration or severe bruising, in any area, or if any crust, scab, or rash develops.