

POST-OP DERMAL FILLER

| DOB:

Post-Operative Instructions

SYMPTOMS

The most commonly reported reactions to Dermal Filler injections are:

- Redness, swelling, bruising, and tenderness after the injections. These usually subside a few days after the treatment but can last up to a week.
- If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.

HOME CARE

- Make-up may be applied a few hours after the treatment if no complications are present, such as open wounds, bleeding, or infection.
- **Mild** facial muscle movements in the injected areas are recommended for one hour following treatment. This is to stimulate the binding of the toxin only to the localized area.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections.
- The treated areas can be washed with a gentle cleanser such as Cetaphil®, Cerave®, or Dove® unscented.
- Try to avoid sleeping directly on the treated areas, please ask my provider for suggestions if you normally sleep face down.
- In the first 24 hours following treatment limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising, or swelling at the injection sites.
- Patients should avoid strenuous exercise for 48 hours to prevent moving the Dermal Filler and increasing blood flow to the face.
- Avoid dental procedures (including teeth cleaning) 2 weeks post-treatment.
- Remember to apply your sunscreen daily. Use a sunscreen with an SPF of 30 or greater, combined with zinc oxide and/or titanium dioxide.
- It may take 2-10 days to see the full effect of your injections. It is recommended that you contact the office no later than 2 weeks after treatment if the desired effect was not achieved and no sooner to give the Dermal Filler time to work.

PAIN MANAGEMENT

- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. 10 minutes on, 20 minutes off.
- You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.

Your satisfaction is important to us! We would like you to return to the office in 2 weeks to see whether a touch-up is necessary. If follow-up treatments are necessary, there will be additional charges at the regular rate. Additional

costs for medical treatment would be the patients' responsibility should complications develop after your Dermal Filler procedure.

Studies have shown that having a follow-up treatment before the Dermal Filler has fully dissipated will enhance the lasting effect. Consult with my provider about recommendations for touch-up or follow-up treatments. If you are experiencing an adverse reaction, or complications not listed above, please call our office as soon as possible (703) 763-1078.

Patient's signature:

Date:

General Dentist's signature:

Date: