

## Important Suggestions for New Users of Hyaluronic Acid Fillers

Thank you for choosing us to perform your facial sculpting with the safest facial fillers on the market, the hyaluronic acids. There are a few do's and don'ts before and after your treatment. Please read these carefully.

### BEFORE TREATMENT

- **Avoid using** aspirin, nonsteroidal anti-inflammatory medications (such as ibuprofen), St John's wort, or high doses of vitamin E supplements, flaxseed oil, or omega-3-fish oils, as these all may increase the chance of bruising. For a more complete listing of medications to avoid, please visit our website at [www.plasticeyesurgery.com](http://www.plasticeyesurgery.com).
- **Take** remedies known to decrease bruising and swelling, such as bromelain and arnica montana. For a more complete list of recommended pre-procedure supplements, please visit our website.
- **Choose a time** for your treatment when it will not be profoundly embarrassing for you in the event that you bruise.
- **Tell** us if you have previously suffered from facial cold sores, so we can prescribe a medication to minimize recurrence.
- **Bring** a good book, a friend, or something to work on or do, since a topical numbing cream will be applied to areas of treatment for an hour or so before we begin.
- **Ask about** promotional programs sponsored by the filler manufacturers.

### AFTER TREATMENT

- **Use** cold compress to minimize any swelling and bruising for the first 48 hours.
- **Avoid pressing** or aggressively moving treated area(s) for the first 24 hours following treatment until the injected materials "set." At bedtime, the area can be gently cleansed with soap and water.
- **Avoid intense heat** (sun lamp or sunbathing) or any activity that turns your face red with exertion until there is no redness or swelling. Stay out of the sun as long as there is bruising.
- **Reduce the risk** of facial cold sore recurrence that could be caused by needle punctures. Talk with your healthcare professional about medications that may minimize an outbreak.
- **Avoid taking** aspirin, nonsteroidal anti-inflammatory medications (such as ibuprofen), St John's wort, or high doses of vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site.
- **Avoid facial LASER** treatments throughout the time your filler is present.
- **Avoid deep facial massages** throughout the time your filler is present.
- **Avoid dehydration**, as significant dehydration may cause rapid dissolution of your filler.
- **After your treatment**, you might have some swelling, redness, bruising, or tenderness. This will normally last less than 7 days. Contact us if you experience side effects beyond 14 days.
- **Ask about** follow-up appointments, usually between 3 to 6 months to assess any appropriate further treatments.