



Pre & Post Filler Injection Instructions

Thank you for choosing to DermaCare for your dermal filler injection treatment. Please review the following information carefully to achieve optimum results and recovery from your treatment. Please contact DermaCare if you have any concerns regarding your treatment.

Reveal any changes in your medical status (pregnancy, cold sores, new medications). There is a risk that the needle punctures could trigger a cold sore. Speak to the DermaCare provider about medications (ie., Valtrex or Acyclovir) that may minimize a recurrence.

One week prior to your dermal filler treatment, avoid taking St. John's Wort, high doses of Vitamin E supplements, aspirin, and other non-steroidal anti-inflammatory medications, such as ibuprofen (Motrin or Advil). These agents may increase bruising and bleeding of the injection site.

Immediately after the treatment, the most commonly reported side effects are temporary redness and swelling at the injection site. These effects typically resolve within two to three days. Cold compresses may be used immediately after treatment to reduce swelling. If the discomfort continues beyond two to three days or if other reactions occur, please contact our office immediately.

Additional side effects may include bruising and infection we recommend oral Arnica to improve the bruising. If you suspect an infection see us immediately.

Immediately report any worsening or persistent symptoms or side effects to the DermaCare staff.

Apply an ice pack or cold compress to the injection area after treatment to help reduce swelling. Avoid touching the treated area within six hours following the treatment. The injection area may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing. Sunbathing, excessive UV exposure, or exposure to intense heat, i.e., tanning beds, should be avoided until the redness or swelling have subsided. Always use sunscreen/sun block for your protection. Avoid exercise and alcohol for 24 hours following the treatment.

Makeup may be applied shortly after treatment if no complications are present. We recommend Jane Iredale. Apply makeup gently, avoiding strenuous rubbing of the injection area.

It is normal to feel a "firmness" in your injection area for approximately 2 months after treatment. Over time, the area will soften, leaving you a soft, natural looking result.

Immediately report any worsening or persistent symptoms or side effects to the DermaCare staff.

Having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult with DermaCare about recommendations for additional or follow-up treatments.