



Dermal Filler Injection Before and After Care

Prior to the Dermal Filler Injection treatment, please observe the following:

- Dermal fillers must not be administered if you have had any vaccines, immunizations, procedures, illnesses, or dental work in the past two weeks and for an additional two weeks after fillers.
- Avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin, Naprosyn, (all non-steroidal anti-inflammatory agents), Vitamin A, Vitamin E 2 weeks after your treatment. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin.
- Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
- No Retin-A products or applications 24 hours prior to your treatment.
- Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment. (Valtrex 500 mg BID, 5 days, start 2 days prior to treatment)

After-care instructions for Dermal Filler Injections:

- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid extensive sun or heat for 72 hours (no sauna, hot tub).
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- You may apply a cool compress for 15 minutes each hour to reduce swelling.

- Use Tylenol (acetaminophen) for discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.
- Try to sleep face up and slightly elevated if you experience swelling.
- You may want to consider taking Arnica (found in health food stores) to help with the bruising and swelling.
- Avoid wearing makeup the day of procedure.
- Wait a minimum of two weeks before dental work, immunizations, or laser treatments.

If you are concerned about any reaction, please call XO Betty and contact your healthcare provider immediately.