

INJECTABLES: DERMAL FILLER

Treatment Information

BEFORE A DERMAL FILLER APPOINTMENT

- 14 days before, avoid anything that causes skin irritation (i.e. chemical peels, microdermabrasion, laser treatments etc.), and inform us if you have a vaccination appointment within this time.
- 7 days before, avoid blood thinning medications like ASA (aspirin), ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (i.e. garlic, ginseng, ginkgo biloba, St. John's Wort, omega-3, and vitamin E).
- 24 hours before, do not drink alcohol.

DURING A DERMAL FILLER APPOINTMENT

- Various pain control measures are used to keep you comfortable during your treatment depending on the sensitivity of the area and patient preference.

AFTER A DERMAL FILLER APPOINTMENT

- Due to the lidocaine in the filler, you may feel numbness or tingling immediately after the treatment.
- You will likely have swelling, temporary bumps, redness, bruising, and tenderness over the treated areas.
- Some people experience a dull ache and continued tenderness which subsides between 2-3 days.
- Mild, non-painful swelling can last for two weeks.
- Bruising is usually visible and most obvious the day after, then gradually fades over 7-14 days.
- Keep the area cool with a cold compress.
- For 24 hours after treatment, do not touch or apply makeup over the injected area (risk of infection).
- Only touch the injected area with clean hands, clean makeup tools, and clean towels.
- For four hours after treatment, stay upright.
- For the next two weeks, avoid pressure on the areas (e.g. do not sleep on the face, do not sleep with hands near the face, and do not use facial cleansing tools or dermal rollers).
- Do not massage the treated areas unless directed to by your injector.
- For the rest of the day, avoid alcohol, strenuous exercise, exposure to UV radiation, and high-heat environments.
- For the next two weeks, avoid facial massages and anything that causes irritation to the skin of the treated areas, and avoid air travel.
- In some cases, air travel may cause recent filler to swell, so book any flights 2 weeks or more after filler.
- *Contact us:*
 - If you experience any changes in your vision or speech.
 - If you experience intense pain near or around the injection site, which gets worse over time, especially if there is a pale area of skin or a change in colour indicating a lack of blood flow.
 - If you experience swelling, puffiness, nodules, very firm filler, or lumpiness which does not fade in the few weeks with gentle massage, especially if there is redness or tenderness after two days.
 - If you experience any other side effects, which you think are important.
 - If you also see your family doctor, a walk-in clinic doctor, or go to the ER.
 - **If we are unreachable after-hours, go directly to the nearest Emergency Room**, where they can call Dr. Brooks or another specialist surgeon on-call. An urgent reversal of the filler may be required.