



Pre & Post Care for Dermal Filler & Sculptra

Before Treatment:

- ❖ Discontinue blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, a minimum of 7 days prior to treatment. It is fine to continue iron and vitamin D.
- ❖ Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- ❖ If you have a history of cold sores or significant allergies/sensitivities please let the provider know.
- ❖ Avoid dental procedures 2 weeks prior.

Contraindications:

You should not have treatment done if you have any of the following conditions:

- ❖ Neuromuscular disorder, Pregnant or breastfeeding, active cancer in the area of treatment, lack of sensation in the area

Post-Procedure

- ❖ Some discomfort, stinging, throbbing or headache is normal for the first few hours. You may take tylenol.
- ❖ There can be a slight chance of bruising at the treated site, this is temporary. Be assured that any tiny bumps or marks will go away within a few hours of treatment.
- ❖ The side effects to dermal fillers are very mild/normal and include 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 or worsening pain, please contact our office asap.
- ❖ Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- ❖ Make-up may be applied 12 hours after the treatment, if no complications are present, such as open wounds, bleeding or infection.
- ❖ Patients should avoid strenuous exercise for 72 hours to prevent moving the filler or increasing blood flow to the face.
- ❖ Avoid excessive touching or massaging the treated areas for about 1 week
- ❖ Avoid dental procedure (including cleaning) 2 weeks post filler
- ❖ Your satisfaction is important to us! We would like you to return to the office in 2 weeks for a follow-up assessment appointment, especially after your first treatment. If you require additional products to fine-tune/adjust your treatment results there will be additional charges at the regular rate.

Sculptra only:

- ❖ Massage the treated area for 5 minutes, 5 times daily, for 5 days to prevent nodules.
- ❖ Full results show in 3 months
- ❖ Swelling is most significant for the first week then reduces.

Contact the office immediately if you have any of the following:

- ❖ Drainage, changes in skin color, skin palor, new acne or rash, blotchy skin color, worsening pain
- ❖ Increased warmth at or around the treated area, Fever of 101.5 or greater
- ❖ Severe pain that is unresponsive to over-the-counter pain relievers



Please contact us at (323) 909-9434 if you have any questions or concerns.