

## Hyaluronic Acid Filler Pre and Post Care Instructions (Juvederm or Restylane Products)

**Before** your appointment, please avoid the following:

- Alcohol 24 hours before your appointment.
- Avoid anti-inflammatory/blood thinning agents, if possible, for a period of 2 weeks before your appointment. Medications and supplements that should be avoided are aspirin, ibuprofen, Motrin, Aleve, Excedrin, any other NSAIDS, along with Fish oil supplements and vitamin E. These have a blood thinning effect and can increase the risk of bruising and swelling after injections. Tylenol is ok to take, as it does not have these effects on your blood.
- If you have a history of HSV or fever blisters please notify Dr. Pennington or Dr. Souyoul prior to lip injections. A Valtrex prescription will be given.
- No dental appointments 2 weeks before or after filler injections. This includes routine dental cleanings. Dental work will put you at an increased risk of infection with filler.
- Reschedule your appointment at least 24 hours in advance if you have a cold, flu, infection, rash or cold sore in the area.
- No big events up to 2 weeks after your treatment due to the risk of bruising.
- If you are concerned with the possibility of bruising you may start a cream containing arnica to the area twice a day for 2 weeks prior to your appointment, or an oral arnica supplements.

**After** your appointment:

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking the areas. This is normal and generally disappears within a few hours to a few days. You may take Pepcid and Benadryl to help symptoms resolve faster. If these symptoms last more than 3 days, please contact your physician.
- For lip injections if you have history of HSV or fever blisters please notify your physician prior to injection. They will give you a prescription for Valtrex 1-gram tablets, Take 2 tables at time of injection or immediately after and then 1 tablet daily for 5 days to help prevent a fever blister from forming.
- You may take Arnica cream and tablets, and bromelain tablets - all of which may reduce or resolve potential bruising.
- We will provide you with an ice pack to use for 10-15 minutes at time. Re-cool and reapply every 30 minutes to an hour for the first couple of hours after injection.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary. Do not take NSAIDs such as ibuprofen or naproxen for 24 hours after your injections, as they can increase bruising.
- Avoid drinking alcohol or partaking in strenuous exercise for 24 hours, as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports. No make-up within the first 12 hours of treatment. Avoid skincare products for 24 hours.

- Minimize movement of the treated area(s). However, if there is a visible bump, you can massage the area **ONLY** if directed by your physician. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks).
- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser.
  
- If you received lip injections your lips may feel dry or chapped due to the skin on the lips stretching, you may apply Aquaphor or Vaseline to the lips.
- Postpone dental procedures including routine teeth cleanings, any vaccines, or invasive procedures for at least 2 weeks before and after filler. This is important to decrease the risk of infection and granuloma formation.

**Please Contact Us Immediately if You Experience:**

- Fever and/or chills
- Change in Vision
- Significant asymmetry or increasing swelling
- If the area appears red, hot to the touch, and "angry" looking.
- Severe pain or increasing pain
- Discolored blotches in areas not injected or blanching of injected areas
- During office hours please call the office at 318-216-5366
- **Our after-hours EMERGENCY number is 318-455-7261**, you must call this number. This number DOES NOT accept texts after business hours.