

Post Dermal Filler Instructions:

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness, after the injections. These usually subside a few days after the treatment, bruising can last up to two weeks. **If bruising persists longer than two weeks, or if you develop other symptoms, or have any concerns about a dermal filler reaction, please contact our office at 623-399-8222.**
- Every few hours for the first 24 hours after injection, use cold compresses or ice for 10 minutes to reduce swelling, bruising, and soreness. You may take Tylenol every 4-6 hours after the treatment to help with any discomfort you may have.
- Take oral Arnica Montana (10 pellets) under the tongue every 2-3 hours for the first 24 hours after your dermal filler treatment (no need to awake and take them during the night), then decrease Arnica to 10 pellets 3 times per day until all bruising/inflammation is resolved.
- Apply Arnicare Gel every 2-3 hours for 1-2 days post injection and then 2-3 times per day starting on day 3 post injection until bruising/inflammation is resolved.
- Bruising is common after injection and can last up to 2 weeks. Most people experience mild to moderate bruising but occasionally more advanced bruising can occur. It is important to understand that bruising will not affect the final result of the filler. It just takes time for bruising to resolve. Bruising that lasts longer than 2 weeks, should be reported to us.
- It may be normal to feel a “firmness” or “bumps” in your treated areas for the first few days after treatment. This may depend on the areas treated and the products used. Over time, the areas will soften or “settle/smooth out”, leaving you with a soft, natural look. Most lumps are caused by fluid, inflammation, or bruising and will resolve on their own. Lumps/bumps can be massaged a few times a day to help expedite this process. Persistent lumps can be injected with an enzyme that can dissolve the filler in the location of the lump. Please report persistent lumps to the clinic.
- Gently wash face once in the morning, and once before bedtime using Revision Gentle Cleansing Lotion. Follow with Revision Soothing Facial Rinse. Place Arnicare Gel on bruised, swollen, or wounded areas. Make-up may be applied the following day after treatment, if no complications are present, such as: open wounds, bleeding or infection.
- **In the first 24 hours following treatment, extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites.** If there is swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sun block with an SPF of 30 or greater.
- **Patients should avoid strenuous exercise for 48 hours, to prevent moving the filler or increasing blood flow to the face.**
- Avoid taking aspirin, Ibuprofen, Advil, Motrin, Aleve, Nuprin, Gingko Biloba, St. John’s Wort and high doses of Vitamin E, for a week before and for about 3 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas after the injections.

- Take oral Arnica Montana 10 pellets under the tongue every 2-3 hours for the first 24 hours after your dermal filler treatment, then decrease Arnica to 10 pellets 3 times per day until all bruising/inflammation is resolved.
- Apply Arnicare Gel every 2-3 hours for 1-2 days post injection and then 2-3 times per day starting on day 3 post injection until bruising/inflammation is resolved.
- After 48 hours post injection, if there is bruising, apply a warm compress to bruised area 3-4 times per day for approximately 10 minutes. Immediately following warm compress apply topical Arnica Gel to the bruised areas.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to your provider about medications that can minimize this chance.
- **Minor redness, itching, irritation or swelling can occur. This is normal. Benadryl can be taken to help with these side effects.** Anything that is outside of a minor reaction must be reported to Premier Wellness Center.
- **Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks, to see whether a touch-up is necessary in the facial sculpting process. Call us at: 623-399-8222. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.**
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your provider about recommendations for touch-up or follow-up treatments. The average effects will last between 6-18 months. Reinjection is required for ongoing results.

***Report any of the following to Premier Wellness Center immediately: Blistering, pustules, increased pain, numbness, heat at injection site, peeling skin at site, unusual facial movements, bruises that don't resolve within 2-3 weeks, blotchy/mottled red pattern in area of injection, whitening (blanching) of the skin or mucous membranes, duskiness of skin color, drainage from injection site areas, redness & heat or ANY unusual or concerning side effects. Call the clinic at 623-399-8222 or after hours contact the medical direction Dr. Kelly Collins at 480-231-5406.**

I have read the post-care instructions and understand them. I have had all of my questions answered by my medical provider and elect to have dermal filler treatments.

Signature of Patient: _____

Print Name of Patient: _____

Date: _____

