

Dermal Filler: Pre & Post Care Information

Pre-Treatment:

- To reduce bruising risk, avoid blood-thinning medications/ supplements for one week before your appointment:
 - e.g. aspirin, ibuprofen (if you take anti coagulants for a cardiovascular indication, please don't stop them - please book an appointment with our doctor.
 - e.g. herbal supplements such as garlic, vitamin E, ginko biloba, St. John's Wort and fish oil.
 - some patients use Arnica to reduce bruising. If you chose to do this start 2 days before your injections and continue for a week.
 - Please don't drink alcohol for 24 hours before or after your treatment to avoid extra bruising.
- If you have a history of frequent cold sores in the treatment area please take antiviral therapy prior to treatment. Our doctor can prescribe this at your initial appointment - start 2 days prior to treatment
- Do not use dermal fillers if you are pregnant or breastfeeding. There are no exceptions.
- Please expect dermal filler injections to cause redness, bruising and swelling and factor this into your social plans. Bruising may last up to 2 weeks.
- Do not have a treatment while you are unwell with a virus, or within 2 weeks of a dental cleaning/extraction or immunisation. This is to reduce the (low) risk of inflammation and infection.

Post-Treatment:

- Avoid significant movement or massage of the treated area unless instructed
- If you have swelling, apply a cool compress for 15 minutes each hour or take an antihistamine.
- Use paracetamol for discomfort.
- If you are worried, please contact us for advice.
- Avoid strenuous exercise, hot drinks (if lip filler) and overheating for 72 hours.
- Wait 2-4 weeks before laser treatments, or overseas travel.

Dermal fillers last, on average, 6-12 months. We prefer to review our clients every 6 months and advise a regular small, full facial treatment rather than a big treatment in one area.



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