



PRE & POST Care Instructions: Dermal Filler

Prior to Treatment:

- Avoid taking aspirin, nonsteroidal anti-inflammatory medications, Flax oil, Krill oil, Omega 3 fatty acids (fish oil), Vitamin E, and any weight loss/detox supplements containing green tea for 1-2 weeks prior to treatment. Avoiding these will help reduce the risk of bruising and bleeding at the injection site.
- Avoid alcohol 24 hours prior to treatment. This will also reduce the risk of bruising and bleeding.
- This procedure will result in swelling and redness at the injection sites, which can last 1-3 days. There may be bruising which can last anywhere from 3-14 days depending on the individual, however this can usually be camouflaged with concealer make-up. It is recommended to plan your treatment accordingly around your work and social calendar. In some cases, significant bruising may occur. It is highly recommended you schedule treatments at least two week prior to any special events.
- If you are prone to cold sores, notify Dr. Hooker prior to your treatment. She will be happy to prescribe an antiviral medication to prevent an outbreak.

Post Treatment:

- The most commonly reported side effects immediately after treatment are temporary redness and swelling at the injection site. These effects typically resolve within 2-3 days. Cold compresses may be used immediately after treatment to reduce swelling.
- If bruising is present, topical Arnica (gel or cream) can be used and/or Arnica 30C sublingual pellets, both found at Sprouts, Whole Foods, and online.
- If you are prone to cold sores, take the prescribed Valtrex® 500 mg twice daily for five days.
- Avoid touching the treated area for 6 hours following treatment.
- Avoid exaggerated facial movements/expressions.
- No make-up for 6 hours after treatment.
- Avoid direct prolonged sun exposure until initial redness and swelling have resolved.
- Avoid exercise for 1-2 days post-treatment.
- Since Dermal Fillers are a temporary treatment, the results will eventually wear off and Dermal Fillers will need to be injected again. Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. It is recommended to receive your next treatment within 6-9 months for Juvederm and Restylane products and 12-18 months for Voluma. Be sure to pre-book appointments with Dr. Hooker to ensure availability, especially during the holidays.

QUESTIONS / CONCERNS?

If you have any questions or concerns, please contact Dr. Hooker directly at (480) 227-0008.