

HA Filler Pre and Post Treatment

Pre Treatment

- Arrive in the office with a clean face and no makeup. If you arrive with makeup on your face, it can be washed off in the office. It is not necessary to remove eye makeup.
- The most common side effects of HA Fillers include injection-related side effects such as bleeding, tenderness or pain, redness, bruising or swelling.
- After the procedure you may also be somewhat swollen and sore in the areas injected.
- Avoid the following substances for at least 7 days prior to your treatment as they may increase the risk of bruising:
 - Aspirin or other anticoagulant drugs, Nonsteroidal anti-inflammatory drugs (i.e. Ibuprofen, Naproxen, and Diclofenac), Wine/Alcohol, Vitamin E, Fish oil, St. John's wart, Garlic tablets, Ginkgo biloba, and Ginseng.
- To further minimize the risk of bruising we recommend taking Arnica pills prior to or immediately following the procedure. These may be purchased in our office.
- If bruising does occur, we recommend the use of Arnica cream. This is also for sale in the office and should be massaged into the bruised area. This will help decrease the duration of the bruising.
- Blood thinners should also be avoided prior to treatment. If you are on any blood thinners this must be discussed in detail with Dr. Parker.

Post Treatment

- In the first 24 hours after injection: avoid strenuous exercise, extensive sun or heat exposure, and alcoholic beverages. Exposure to any of the above may cause temporary redness, swelling, and/or itching at the injection sites.
- Several hours after a HA Filler injection you may notice redness, swelling, pain, or bruising in the treatment area. These signs usually go away in a few hours to a few days. Some side effects may last up to 14 days.
- Cool compresses will relieve many of these side effects. Compresses should be used for 20 minutes on and 20 minutes off.
- Arnica cream or pills will promote the resolution of bruising more quickly.
- Most patients feel comfortable going back to their normal activities following treatment, but be aware that you may be bruised or swollen.
- You may exercise to tolerance 24 hours after your procedure.
- Make-up may be applied a few hours after treatment.