

# Omeed Ahadiat, M.D.

Address: 26700 Towne Centre Dr. Suite #170, Foothill Ranch, CA 92610  
Phone: (949) 919-3834 | Fax: (949) 340-2012 | Email: omeedahadiatmd@gmail.com

## Pre & Post Care Instructions for Filler Treatment

To ensure the best results and minimize any potential side effects, please review the following **pre-treatment, treatment expectations, and post-treatment** care guidelines.

---

### **How to Prepare for Your Filler Treatment:**

**1. Avoid Blood Thinners:**

- Refrain from taking aspirin, ibuprofen (Advil, Motrin), naproxen, or other NSAIDs for at least **3–5 days** before your appointment unless prescribed by a doctor.
- Avoid supplements like fish oil, vitamin E, garlic, ginseng, and ginkgo biloba, as they may increase bruising.
- If needed, Tylenol (acetaminophen) can be used as an alternative.

**2. Limit Alcohol:**

- Avoid alcohol **24 hours** before your treatment to reduce the risk of bruising.

**3. Stay Hydrated:**

- Drink plenty of water to keep your skin well-hydrated before your appointment.

**4. Reschedule If Necessary:**

- If you have an active cold sore, infection, rash, or any skin irritation near the treatment area, please contact our office to reschedule.

**5. Arrive With a Clean Face:**

- Avoid wearing makeup, lotions, or heavy skincare products on the day of treatment.
- 

### **What to Expect During Your Filler Treatment:**

**1. Consultation & Assessment:**

- Your provider will discuss your goals, assess the treatment area, and recommend the appropriate filler type and amount.

## 2. **Cleansing & Numbing:**

- The treatment area will be cleaned thoroughly, and a topical numbing cream may be applied for comfort. Some fillers also contain lidocaine to minimize discomfort.

## 3. **Injection Process:**

- Your provider will carefully inject the filler using a fine needle or cannula. You may feel slight pressure or a pinching sensation, but the procedure is generally well-tolerated.

## 4. **Immediate Results & Swelling:**

- You will see an initial improvement immediately, but some swelling and minor bruising are normal. The final results will be visible once the swelling subsides over the next **7–14 days**.

## 5. **Aftercare Instructions:**

- Your provider will review post-treatment care guidelines with you before you leave.
- 

## **Post-Treatment Instructions:**

### 1. **Expect Some Swelling & Bruising:**

- Mild swelling, bruising, tenderness, or redness is normal and typically resolves within a few days. Applying an **ice pack** intermittently for the first 24 hours can help reduce swelling.

### 2. **Avoid Touching or Massaging the Area:**

- Do not press, rub, or massage the treated area unless instructed by your provider. This helps prevent the filler from shifting.

### 3. **Stay Upright & Limit Activity:**

- Avoid lying down for **at least 4 hours** after treatment.
- Refrain from intense workouts, heavy lifting, or bending over for **24–48 hours** to minimize swelling and bruising.

### 4. **No Alcohol, Smoking, or NSAIDs for 24 Hours:**

- Avoid alcohol, smoking, and blood-thinning medications (aspirin, ibuprofen) for at least **24 hours** to reduce bruising.

### 5. **Avoid Heat & Sun Exposure:**

- Stay out of direct sunlight, saunas, steam rooms, and hot showers for at least **48 hours**, as heat can worsen swelling.
6. **Be Gentle With Your Face:**
- Avoid facials, microdermabrasion, or any other skin treatments for at least **2 weeks** post-treatment.
7. **Stay Hydrated & Maintain a Healthy Diet:**
- Drink plenty of water and eat foods rich in vitamins to promote healing.
8. **Monitor for Unusual Reactions:**
- While rare, if you experience excessive swelling, severe pain, lumps, discoloration, or difficulty breathing, **contact our office immediately**.
- 

### **Follow-Up Care:**

- Your final results will be visible once any swelling subsides, typically within **7-14 days**.
- If needed, a follow-up appointment can be scheduled for any necessary touch-ups or concerns.

*For any questions or concerns, please **contact us at (949) 919-3834**.*