



## **Dermal Filler: Pre and Post Care Patient Instructions**

Dermal Fillers are the #2 most popular aesthetic treatment worldwide. VanderVeer Center specializes in natural-looking, youthful volume enhancement of the face and hands. Dermal Fillers are placed in specific areas to help smooth and diminish deep facial lines and replace or add volume and fullness. Dermal Fillers also lift, plump, contour, and decrease the signs of aging associated with hollowing and loss of volume. Dermal Fillers can last 6-24 months if HA based. Evidence has shown that having additional treatment before the Dermal Filler product has fully dissipated will enhance the lasting effect. Please call us to inquire about touch-up treatments within 4-6 months following your initial treatment, or when you notice the product beginning to dissipate.

### **PRE TREATMENT:**

- For optimal results and to decrease the chance of bruising and bleeding at the injection site, please avoid alcohol, optional blood thinning medications and supplements for 1 week prior to your appointment. This includes aspirin and NSAIDS such as such as Ibuprofen, and Aleve, as well as very high doses of vitamin E, Omega-3 fish oil, turmeric, and CBD. Do not discontinue medications such as Coumadin and Plavix that are taken for a medical condition. Please note, while it is optimal to avoid blood thinning medication and supplements, it is not a contraindication for Dermal Filler treatment.
- If you have previously suffered from cold sores, there is a risk that Dermal Filler injections near or into the lips can stimulate a recurrence. Please speak with your provider about medications that may minimize the occurrence of an outbreak.
- Topical numbing cream may be used to increase your comfort during the procedure. Please notify your provider if you are allergic to any topical anesthetics, Lidocaine or Novocain.
- Arnica Montana homeopathic tablets can be administered up to one week prior to treatment to help reduce the risk of bruising and swelling at injection site, we recommend 20C to 30C potency.
- Please avoid any dental procedures for 2 weeks prior your treatment

### **POST TREATMENT**

- Possible **temporary** side effects include:
  - Bruising at injection site
  - Feeling of pressure and fullness at the injection site
  - A sensation of “numbness” or tingling at injection site
- Immediately following DF injection, the most commonly reported side effects are temporary redness and swelling at the injection site.
  - Cold gel packs/ice may be used to reduce swelling.
  - Tylenol is recommended if needed for any pain.
  - Arnica topical gel and Volante Skincare’s Healer Concealer® are recommended to help reduce pain, swelling, and bruising. Healer Concealer® may be used to

camouflage the effects of DF injections. Healer Concealer® is available for purchase at VanderVeer Center.

- To maximize your results after DF treatment:
  - Avoid touching the treated area for at least 6 hours and keep the area clean.
  - Gently wash the treated area and use only clean, fresh make-up and sponges.
  - Do NOT receive a facial or massage for the first 7 days following your procedure.
  - Do NOT use any electrical/mechanical facial device for 7 days following your procedure.
  - Use an antiseptic mouth wash such as Listerine, 3 times a day for 3 days post injection of Dermal Fillers in the lips.
  - Avoid traveling for 2 weeks after your dermal filler injection
  - Avoid any dental procedures for 2 weeks post treatment
  
- It is possible that you may need additional Dermal Filler or manipulation of the initial filler. For best results, manipulation should be performed within two weeks of initial injection. Follow directions for at home self-massage as directed by your provider, based on the type and location of filler used.

Please call your provider at **(503) 443-2250** with any questions or concerns you may have.