



## Facial Filler Information Sheet

### Bruising

For 7 to 10 days prior to treatment avoid taking aspirin, non-steroidal anti-inflammatory medications (such as Advil, Ibuprofen, and Naprosyn), St. John's wort, vitamin E, omega 3/6 or other fish oils, ginkgo, garlic pills, ginseng or kava. Also discontinue Plavix or Coumadin, only if you have permission from your prescribing physician.

**Arnica Montana** is an herbal product available in our office to help decrease bruising associated with facial fillers. This supplement may be taken for a few days prior to your procedure. Additionally, you may want to eat fresh pineapple or drink pineapple juice 2-3 days prior to your procedure. This may also reduce your chance of bruising.

### Cold Sores & Acne

Tell the doctor if you have previously suffered from any type of facial cold sores. Filler injections sometimes cause a flare up a prescription for Valtrex can be mailed to you prior to treatment. Fillers cannot be injected if you have an inflamed active skin infection, active cold sore or severe acne.

### Aftercare

It is best to **avoid sun** to the treated areas for 48 hours. A hat and sun block will suffice. **Ice** may be applied intermittently for 24-48 hours to decrease the bruising and pain. Icing will not help the swelling that occurs with hyaluronic acid fillers such as Juvederm and Restylane. Dr. Hamori prefers you **NOT** to massage the treated areas for two weeks unless you have been instructed otherwise (Sculptra patients do massage). You may feel some products underneath the skin temporarily; this is normal. Avoid swimming goggles for 2 weeks after treatment if injections are near your eyes or upper cheeks. It is best not to undergo dental work or laser treatments for 2 weeks after injections of fillers.

### Results

Results are visible within the first ten days with all products except sculptra which takes several months to reach full correction. Different fillers last for varying amounts of time depending upon the location of the treatment and the type of filler chosen. Fillers last anywhere from 4 months to 2 years depending on type.

### What to expect

During your consultation Dr. Hamori will analyze your face and determine the best treatment options. Lip and tear trough treatments may result in significant bruising and swelling that may last for several days. Please **adjust your social schedule** so that you are out of public view for a day or so while the swelling and bruising subsides.

**Fees are available upon request.**

**If you have any questions please feel free to call the office 781-934-2200.**