

### **Filler Injections**

The nature and purpose of this procedure can vary from the correction of fine line to moderate or severe facial wrinkles and folds (such as nasolabial folds). Fillers can also be used for lip augmentation, cheek augmentation, and in other areas that are sometimes considered “off-label”.

### **Who cannot have fillers?**

You cannot have fillers if you are pregnant, breastfeeding, under the age 18, or have an allergy to any ingredient in the filler. Please let Dr. Stewart, Dr. Gioe or Dr. Davis know if you are allergic to any strains of bacteria or if you have an allergy to lidocaine, as you could have an allergic reaction to filler. Fillers should not be injected while you have any active skin infection or inflammation in the treatment area.

### **Before Procedure:**

1. **Avoid the following 2 weeks prior to your filler treatment as they can cause thinning of your blood and increase your chances of bruising:**
  - NSAIDS/ Pain Relievers (such as ibuprofen, naproxen, etc), Prednisone, Aspirin, Coumadin or any other blood thinners
  - Supplements such as fish oil, vitamin E, garlic, ginkgo, glucosamine and St. John's Wort

**However, if these medications were prescribed by a doctor, DO NOT stop your medication without permission from that health care provider**

2. **Avoid alcohol 48 hours prior to your filler appointment** because it can thin your blood and possibly make bruising worse
3. **Avoid having any dental procedures 2 weeks prior and 2 weeks after your appointment.**
4. If you have a history of fever blisters, please inform our doctors as they will need to prescribe an antiviral medication for you prior to your procedure.
5. To help with bruising you may purchase Arnica tablets from your pharmacy and start taking them 3 days before your procedure.
6. Please remove all makeup before coming in for your appointment.
7. Do not schedule injections two weeks before an important social or professional engagement due to the possibility of redness, swelling or bruising from the procedure.
8. Do not schedule injections two weeks before or two weeks after receiving any vaccine.
9. Do not schedule injections if you are sick.

### **After Procedure:**

1. You should not have any significant pain following the procedure (mild tenderness is normal). If you do have significant pain, please call our office at 985-727-7701.
2. You may apply ice 3 times per day for 5-10 minutes within the first 48 hours after the procedure.
3. You may continue to take Arnica tablets and apply Arnica gel to the injection sites to help with bruising.
4. Avoid strenuous activity or exercise for 48 hours after the procedure.
5. Do not massage the injected area.
6. Avoid sun or heat exposure (including saunas or hot tubs) for 48 hours after the procedure.
7. You can apply makeup later that evening and resume to normal skin care regimen.

### **Instructions for Hand Filler:**

1. Remove all jewelry prior to treatment and wait until any swelling has resolved to avoid compromise of the finger circulation.
2. Minimize strenuous activity and exposure for the treated area to the sun or heat for approximately 24 hours after treatment or until any initial swelling or redness goes away.
3. After the treatment, keep your hands elevated on a pillow and apply ice packs 3 times per day for 5-10 minutes the first 48 hours after the procedure to help with bruising.