

# Pre & Post Treatment Instructions

## Dermal Fillers



Dr. Landa Med Spa is dedicated to providing the best medical aesthetics care. Part of providing exceptional care is pre and post treatment instructions. Healing times may vary from patient to patient. Please call the office with any concerns and we will be happy to assist you.

### **Soft Tissue Augmentation with Dermal Fillers**

Congratulations on your decision to have soft tissue augmentation (fillers). Your appointment will take 30-60 minutes. Plan to arrive on time and we will do our best to keep to your schedule as well as ours. We are looking forward to helping you improve your look.

A little thought and preparation can improve the success of your treatment. This treatment involves injecting a filler material beneath the skin in the areas that you have discussed with us. If you want to consider additional treatment areas or want to learn more about other treatments that will complement and improve your filler results, just give us a call in advance so that we can answer your questions and better prepare for your treatment. Botox Cosmetic® is frequently performed at the same time and skin care programs and treatments will also complement your filler results. If this is your first filler treatment you may find the following information particularly helpful. For those having ongoing treatments, please take a moment to review this material as well.

Prior to your treatment you must avoid all aspirin (ASA) and aspirin like anti-inflammatory products (such as Advil and Motrin) for one week prior to your appointment. These medications greatly increase the risk of bruising and can compromise your results. If you forget, and take one of these medications by mistake, contact the office as it may be necessary to reschedule your appointment. Similarly, alcohol (including wine) and excess Vitamin E should also be avoided. Prior to your treatment, all makeup on the face, including eye shadow, must be removed. It is helpful if you remove this before coming to the office or you should plan to arrive early so that this step can be completed. Clinical photography will be taken on all patients prior to all new treatments and is an important part of the clinical record.

We will use all our skill and experience to minimize discomfort that occurs during these treatments. You may find it helpful to take (2) Extra-Strength Tylenol™ (not ASA, Advil or Motrin) about 1 hour prior to your appointment. Most of our patients find the small injections much easier than they imagined. If you have had trouble with fainting or are afraid of injections, please let us know. You may be surprised at how quickly and easily these treatments can help you to look your best. Make sure you are well nourished and hydrated prior to your treatment.

If you are anxious about your treatment, consider having a friend or relative come to drive you home after we are finished. Please remember to not bring children with you to the office as we cannot supervise them when you are having your treatment.

After your treatment, nearly every patient will have some degree of redness and swelling visible for several hours after treatment. Occasionally a bruise will be visible for a few days. Bruising and swelling is increased with activities that increase circulation such as exercise, heat and drinking alcohol, so you will need to avoid these for the rest of the day. Using a cold pack on the treated area(s) right after the treatment for 20-30 minutes, may help reduce swelling and the risk of bruising. You can re-apply your own makeup after your treatment if you desire.

With these details in mind, please schedule your appointments and your social activities so that you will not be inconvenienced by minor, temporary and unavoidable visible signs of having had a treatment.

These signs usually go away in a short period of time and are generally mild in nature. An ice pack may be applied to the treatment area to help reduce swelling intermittently for the first 24 hours. You may be able to feel the area where the dermal filler was injected for a short period after injection. Over time, the injected area will feel more and more like your own tissue.

- DO NOT massage or manipulate the filler unless advised to do so.
- If LIP filler becomes lumpy it can be massaged gently to flatten.
- It is normal to experience some tenderness at the treatment site for a few days to a few weeks.

**For approximately 24 hours after treatment:**

- Avoid extensive sun or heat exposure and wear sunscreen.
- Avoid high intensity cardio exercise.
- Avoid laying directly on the area filled.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_