

## **Filler Treatment Instructions**

**by Shaun Patel, M.D.**

Fillers are minimally invasive, non-surgical, cosmetic treatments used to soften facial lines and wrinkles, define and augment lips, correct facial asymmetries, improve facial proportions and correct age related volume loss.

Dr. Patel prefers to work with the following FDA approved fillers:

- Restylane
- Restylane Lyft
- Restylane Silk
- Restylane Refyne
- Restylane Defyne
- Sculptra

### **Pre-treatment Instructions:**

1. Avoid wearing makeup to your appointment.
2. Avoid blood thinners for 1 week prior to your treatment to reduce chance of bruising.
3. Drink water and eat something prior to your treatment.
4. Do not plan any dental procedures for 2 weeks prior to and after your filler treatment.

### **Post-treatment Instructions:**

1. Avoid heavy exercise or excessive heat (sauna, hot tub) for 24 hours.
2. Do not apply makeup for 4 hours after your treatment.
3. Do not massage or apply excessive pressure to the injection sites for 24 hours unless instructed to do so (Sculptra patients will be asked to massage the treatment sites after injection).
4. Apply cold compresses to the treatment area for 10 minutes. Do this a few times each hour for the first 12-24 hours if possible. This will help with bruising and swelling.

#### **List of blood thinning medications and supplements to stop prior to treatment:**

1. Pain relievers such as Aspirin, Ibuprofen (Advil, Motrin), and Naproxen (Aleve)
2. Fish oil
3. Vitamin E
4. Ginger, Ginkgo and Garlic containing supplements
5. Other herbal supplements known to increase risk of bruising

\*\*\*Do not stop any medications prescribed by a doctor\*\*\*