

New England Dermatology & Laser Center
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FILLER POST-TREATMENT INSTRUCTIONS

- Some redness, swelling, and bruising is expected following treatment. If you have been taking any blood thinners; such as prescribed anticoagulants, aspirin, anti-inflammatory medications, or herbal supplements, this may lead to excessive bruising, but should not affect the ultimate result. If redness, swelling, or bruising develops, it is usually temporary lasting only a few days, but rarely can be more prolonged.
- In order to minimize redness, swelling, and bruising, it is advisable to apply cold/ice water compresses to the treatment sites for 10 minutes every 1-2 hours for the remainder of the day.
- Avoidance of activities which may exaggerate your facial redness or swelling, such as exercise, direct sunlight, hot showers, hot tub, or consumption of alcohol or spicy foods for the remainder of the day is also advisable.
- You should avoid chewing gum, drinking through a straw, smoking, or otherwise massaging or intentionally manipulating the treated area for one week. If bruising occurs, many home remedies including eating fresh pineapple, applying or taking Arnica Montana, and other similar herbal anti-inflammatories have been advocated with variable success.
- You may wash your face gently the evening of treatment, but should not resume your normal facial care, including makeup, until the following day.
- If you have any discomfort after treatment, you may take Tylenol, but avoid aspirin or other similar anti-inflammatory agents as this may increase bruising.
- Certain areas are more prone to swelling and bruising post-filler injection including the lower eyelids and especially the lips.
- In particular, swelling and bruising can be quite marked following lip filler injections and more prolonged than in other areas. Not infrequently, patients feel that their lips are too full or too prominent for 24-48 hours after filler injections and this is primarily due to swelling. Usually after several days the feeling of fullness diminishes.
- Rarely, lumpiness of the injected area may be felt and even more rarely seen. If this occurs, depending upon the agent used, it could be injected with a dissolving agent or otherwise left to disappear on its own, which may take six weeks or longer.
- Unintended, unexpected, and undesirable consequences such as infection, numbness, scarring, and disappointment with the results may occur. Should any of these latter consequences occur, we will work with you as best we can until they are resolved to your satisfaction.
- Sudden onset of pain accompanied by an area of porcelain white or blue color should be reported immediately.
- Occasionally what we deem to be an optimal correction immediately following treatment turns out to be less than optimal several days later when swelling and redness goes away. Unfortunately, this is something that cannot be predicted beforehand and may be addressed by injecting additional filler material at a later date.
- Duration of benefit can only be estimated as it may be different for each patient, product, and procedure and even from treatment to treatment. On average, correction lasts 6-12 months, but seems to last longer with subsequent injections. Results are never permanent and periodic treatments will be necessary to maintain results.

Our goal is your satisfaction and to help you feel better about yourself. Unfortunately, no guarantees or assurances can be made for any treatment. We thank you for choosing New England Dermatology & Laser Center and for placing your confidence and trust in us for your skin care. Rev: 10/18/10