



MODERN DERMATOLOGY  
WESTPORT, CT

tel (203) 635-0770 | fax (203) 635-0771  
www.moderndermct.com

## DERMAL FILLERS PRE AND POST CARE

(Juvederm, Restylane, Belotero, Radiesse, Revance RHA)

### PRE-TREATMENT INSTRUCTIONS

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Full results and resolution of bruising and swelling may take a complete two weeks.
- Avoid dental work, including teeth cleaning, 2 weeks before filler appointment to avoid potential infections or lumps/bumps.
- Do not schedule your filler in the 2 weeks before or following a vaccine, including the Covid-19 vaccination
- Do not schedule your filler in the 2 weeks before or following a colonoscopy
- If you develop an infection, virus or rash prior to your filler appointment, please call our office; your treatment may need to be rescheduled until you have recovered
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

### POST TREATMENT INSTRUCTIONS

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- Do not massage treated areas after treatment.
- After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid dental work, including teeth cleaning, 2 weeks after filler appointment to avoid potential infections or lumps/bumps.
- Call immediately if extreme pain, blanching or marked bruising of the area or visual disturbances, headache, or other constitutional symptoms.

*If you have any questions or concerns, please call the office at 203-635-0770.*