

HYALURONIC ACID FILLERS

(Juvéderm Ultra, Ultra Plus and Voluma XC's, Restylane, Silk, Refyne, Defyne, Lyft, Kysse)

Pre-Treatment Instructions

1. Allow at least 2 weeks between your treatment and any important social or professional engagement due to the possibility of redness, swelling and bruising from the procedure.
2. **Avoid the following 2 weeks prior to your treatment:**
 - a. All anti-inflammatories and blood thinners, including prednisone, aspirin, naproxen, ibuprofen, etc. If you need these products for your health, please do not stop your medication without permission from your primary healthcare provider.
 - b. Supplements that can increase bruising, some of which include: alpha-lipoic acid, acetyl-L-carnitine, cinnamon, clove, CoQ10, chamomile, creatine, echinacea, ephedra, fish oil, garlic, ginger, ginkgo, ginseng, glucosamine, glutamine, goldenseal, L-carnosine, licorice, milk thistle, resveratrol, turmeric, St. John's wort & vitamin E.
3. Please avoid alcohol use 48 hours prior to your filler appointment because it can possibly increase bruising.
4. If you are using products that can prolong bleeding (such as aspirin, non-steroidal anti-inflammatory drugs and warfarin), you may experience increased bruising at the injection site.
5. Bruising may be partially prevented and may resolve faster with topical Arnica Montana solution and oral supplements that include Arnica Montana, bromelain and antioxidants. These can be found OTC.
6. **Colorescience Mineral Corrector Palette SPF 20** can be used to help cover bruises and can be purchased at The Pearl Dermatology for \$55.
7. **LED light treatments** can be done immediately after your filler treatment and every 48 hours after to reduce the duration of your bruising. We charge \$175 per 20 minute treatment or \$300 for a series of 3 treatments.
8. If you're planning to have hyaluronic acid injected in or around your mouth *and* you are prone to cold sores (herpes simplex), let us know. We will prescribe an oral prophylactic anti-viral medication such as Valtrex for you to take.
9. Avoid major dental procedures for 2 weeks prior to and after the filler injection to decrease the risk of infection.

Post-Treatment Instructions

1. You will want to apply ice packs in 20-minute intervals for 24-48 hours to minimize swelling and bruising.
2. Within the first 24 hours, you should avoid strenuous exercise and extensive sun or heat exposure.
3. You can immediately apply makeup and resume your normal skin care regimen.
4. You should call our clinic if you experience any severe pain or see whitening lasting more than 15 minutes, patterned redness lasting more than 2 hours, delayed redness, yellow bumps or pustules in the treatment area, discoloration in a net-like pattern or formation of sore

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