

DERMAL FILLERS

PRE CARE

One week prior to your treatment with a facial filler, please avoid taking Aspirin, non-steroidal anti-inflammatory medications such as Ibuprofen (Advil, Motrin), Aleve or supplements such as St John's Wort, Vitamin E, Fish Oil/Omega 3/flax seed oil or Melatonin. These agents may increase bruising and bleeding at the injection site(s). (Tylenol is fine) Please let Dr. Gulcher or her staff know if you are on another medication that may increase your chances of bleeding and/or bruising.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Please notify Dr. Gulcher or her staff if you have a history of facial cold sores as she may prescribe a medication that minimizes the chance of a recurrence.

Local numbing medication may be used to maximize your comfort during the procedure. Most patients report a mild discomfort typically associated with needle injections. Some of our dermal fillers have Lidocaine in them for added comfort. It is important to discuss any sensitivity or allergy to lidocaine or Novocain with Dr. Gulcher or her staff.

You may experience a mild to moderate amount of stinging or aching sensation post injection. This resolves quickly after your injection. It is normal to experience some mild tenderness for a couple of days to the injection area(s). You may apply cold packs or take Tylenol as needed.

To ensure an even, smooth correction, the physician or nurse will massage the area treated, which may cause a temporary, minimal to moderate amount of redness to your skin.

Minimal to moderate swelling can be expected, which should dissipate within 48 hours of injection. Certain areas, such as the lips, can experience swelling for up to a week.

Bruising can occur, especially around the mouth and eye areas. If you experience a bruise, it will typically last a week.

Please note that we do have oral Arnica available in our office. Arnica is a homeopathic remedy that may help reduce the swelling and bruising associated with your treatment. It is taken immediately prior to treatment then 2 times a day for 4 days. You may also purchase Auriderm Post-Op gel which is used immediately post- injection and reapplied 3-4x/day til bruise resolves. Please let Dr. Gulcher or our staff know if you are interested in these products.

POST CARE

Please apply an ice pack to the injection area after treatment. Apply ice pack to the treated area(s) for 20 minutes when you get home and repeat 2 or 3 times this evening to help reduce swelling and bruising.

If you experience a bruise, you may apply arnica gel or take oral arnica supplements to help dissipate the bruise faster. You may also purchase Auriderm Post-Op gel for \$25.

Please avoid touching the area for the first 6 hours after treatment. You should try and keep the treatment area "quiet" for the rest of the day. For example, if you had your nasolabial folds treated, you should avoid laughing or smiling excessively for rest of the day.

For 24 hours after your treatment, please avoid Aspirin, any non-steroidal anti-inflammatory medications such as Ibuprofen (Advil, Motrin) or Aleve and supplements such as St John's Wort, Vitamin E, Fish Oil/Omega 3 or Melatonin. These agents may increase bleeding and bruising at the injection site(s).

The injection area may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing.

It is normal to feel a "firmness" in your injection area for the first few days after treatment. Over time, the area will soften, leaving you with a soft, natural looking result.

Makeup may be applied shortly after treatment if no complications are present. Apply makeup gently, avoiding strenuous rubbing of the injection area.

Please avoid exercise and alcohol for 6 hours post treatment. Sunbathing or UV exposure should be avoided until any redness or swelling have subsided.

Immediately report any worsening or persistent symptoms or side effects to our office. Watch for any evidence of infection such as increased pain, redness, swelling, fevers or drainage. If you develop any signs or symptoms of infection or a cold sore, please notify us immediately.

Please schedule your follow-up appointment in 1-2 weeks so Dr. Gulcher or her staff can assess treatment outcome and whether additional dermal filler may be needed. If more dermal filler is needed to achieve desired correction, the standard price per syringe applies.

Thank you for choosing Advanced Medical Aesthetics Med Spa