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Before and After Instructions for Dermal Filler Treatments

Before Treatment:

- Avoid aspirin (e.g. Excedrin), Vitamin E, St. John's wort, any other dietary supplements including fish oil, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (e.g. Advil, Motrin) and alcohol for 2 days.
- May use Arnica topical cream or homeopathic oral drops 2 days prior to appointment to minimize bruising.
- Due to natural bruising and swelling, appointment should be 10-14 days before any special event or vacation.
- If possible, come to your appointment with a cleanly washed face.

After Treatment:

- Skin redness and swelling in the treatment area is common. This should resolve within a few days. If it persists longer than 3 days, please contact the office.
- Avoid kissing, puckering, drinking from straws, smoking, and any sucking movements for 24 hours.
- Do not massage the treated areas or manipulate filler.
- Avoid applying heat to the treated area until any swelling or bruising have resolved.
- Routine washing and showering is fine.
- Avoid activities that cause facial flushing on the day of treatment including: consuming alcohol, hot tub or sauna use, exercising, and tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs, it typically resolves within 7-10 days.
- After treatment, oral consumption and/or topical application of *Arnica Montana* may help to reduce bruising and swelling.
- If 1-2 weeks after treatment you feel that you require additional treatment, please contact the office.
- Avoid sleeping on face.
- Avoid microdermabrasion, facials, or peels for 3-5 days. Avoid laser and light treatments for 2-4 weeks.