



## **Dermal Filler Treatment**

### **What to expect**

The most common side effects that people experience after an injection are:

- Bruising
- Redness
- Swelling
- Tenderness
- Mild discomfort
- If you have sensitivity to lidocaine, any other allergies or autoimmune disorders please let your provider know.

### **What to avoid before treatment**

- To decrease your risk of bruising avoid taking blood-thinning medication 7-10 days prior to the procedure, such as aspirin, fish oil, vitamin E supplements (garlic tablets, ginkgo biloba and ginseng).
- **Avoid dental work 2 weeks before and after treatment.**
- **Avoid vaccines for 3 weeks before treatment and after treatment.**

### **For best results immediately after treatment**

- Take your arnica supplements as directed. These will be given to you on the day of your treatment
- Apply cool compresses to injection site (gently, without firm pressure) for 5 minutes up to 4 times per day.
- Avoid massaging the injection area unless requested by your provider.
- Keep head elevated while sleeping (on a couple of pillows)
- Avoid strenuous physical activity for 48 hours.
- Stay hydrated
- Keep your scheduled follow up appointment
- Avoid makeup for 12 hours after injections.
- Laser treatments are available to address bruising at patient's request

**If you have questions or concerns, you can call or text 479-273-3376. After hours, please call our on-call provider at 479-426-4373 for assistance-be sure to leave a message, you will be called back.**