

## PATIENT PRE- & POST FILLER INFORMATION

*Please observe all information for before and after Dermal filler treatment*

### 1. Preparation before Treatment

If possible, you should cleanse your skin before your appointment. Avoid creams and make-up and wear your hair back to minimize the risk of infection. A crew neck top is preferable to wear.

### 2. The Most Common Side Effects of Dermal Fillers

Swelling and bruising are the most common side effects of dermal fillers. It is impossible to know for when these side effects will appear, so if you are planning a special event close to the treatment date, you may want to reschedule your appointment to a more appropriate time.

Some people swell more easily than others. For instance, people with allergies or asthma are more prone to swelling. If you are using aspirin or any similar medication, be aware that these may increase the bruising and bleeding at the injection site. DO NOT stop taking aspirin or any prescribed medication without the approval of your physician. The good news is that bruising and swelling will go away and do not affect the end results.

Immediately after the treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treatment area. This is a normal result of the injection. The inconvenience is temporary and generally disappears in a day or two. If these side effects continue for a longer period or if other reactions occur, please contact your physician or:

**Dr. Renier van Aardt at (902) 956-0000 or Nurse Aundrea Trevors at (902) 305-0371**

With lip treatments, the initial swelling may last longer. Some patients experience swelling for up to a week. During this time, the lips may look somewhat uneven. Therefore, the final treatment results will only appear after the swelling subsides. Avoid drinking hot beverages until the numbing effect is gone otherwise you may burn yourself. Keep in mind that the result directly after the treatment should not be seen as the final result.

Rarely, nodules and / or swelling may appear weeks to months after treatment. This is easily treated and usually temporary, but should be reported to the treating physician or nurse.

### 3. RARE, but serious side effects

In the case of inadvertent intra-vascular injection, tissue damage and rarely blindness may be experienced. The risk is minimized by proper treatment techniques and expert placement done by an experienced and registered medical personnel.

If noticeable blanching and/or increasing pain is experienced in or around the treatment area shortly after treatment, **contact Dr. van Aardt immediately**. The sooner it's treated, the better the chances of complete resolution and prevention of long term side-effects.

# TIPS TO DIMINISH SIDE EFFECTS

If you have previously suffered from lip cold sores, then there is a possible risk that the needle punctures could contribute to another eruption of cold sores. An anti-viral medication can be proscribed at the time of your treatment to help prevent an outbreak.

## **Swelling and Redness:**

1. Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. tanning beds and sunbathing), or extreme cold (e.g. ice cream). Do not exercise vigorously for the first 24 hours after treatment.

## **To reduce Swelling:**

1. Before a bigger treatment, eating a pineapple the day before can have an anti-inflammatory effect.
2. Take an antihistamine the day before, the day of the treatment and the day after.
3. To reduce discomfort and swelling after treatment, you may take an anti-inflammatory Ibuprofen (Advil or Motrin) 2 tablets every 8 hours for up to 3 days. (Please use as per inserted instructions)
4. For 3 nights after your treatment, using a travel pillow can prevent direct pressure on the treated area.
5. Stay well hydrated.

## **To avoid Bleeding and/or Bruising:**

1. 48 Hours (2 Days) or more before the treatment avoid: Alcohol, Vitamin E, Ginkgo Boliba, Garlic, Grapefruit, Ibuprofen products, any anti-inflammatory drugs, Aspirin or any other blood thinners. DO NOT stop using any prescribed medication from your physician unless confirmed with **Dr. van Aardt** or **Nurse Aundrea**.

## **If you notice Bruising after the Treatment:**

1. You can help speed up clearance by applying Arnica cream 3 times a day.
2. Cold packs may be gently applied intermittently to treated areas.
3. Avoid the sun, sauna, facials, too cold or too hot temperatures and firmly touching the treated area within the following 24 hours of treatment. After that, light make-up and SPF products can be applied, and the area may be washed gently with a cleanser and lukewarm water.
3. Wear a hat with a wide rim, stay in the shade. Protect your skin from the sun when spending time outdoors.
4. After a day you may use a cover up concealer over any bruised area if needed.

## **To Prolong the result of your treatments of Filler:**

1. Sleep on your back with a travel or other orthopaedic pillow supporting your neck.
2. Since Fillers gradually dissolve, the correction does not last forever, but it does stimulate natural collagen growth that results in a longer lasting effect over time with repeated treatments.
3. Many people choose to be treated again within a year of the original treatment. Touch-ups can be done intermittently for maintenance, or continual improvement of the results.