



WESTLAKE  
DERMATOLOGY  
& Cosmetic Surgery

## DERMAL FILLER POST PROCEDURE INSTRUCTIONS

### DO'S

- ▶ Do know that you may be rather swollen for a day or two after your treatment, but also know that this is totally normal and that the swelling will subside. Rest assured, the swelling will go down.
- ▶ Do prop yourself up with an extra pillow the night of your treatment. This will greatly aid in reducing swelling.
- ▶ Do take Arnica pellets 4 times a day for at least 4 days following your treatment. Simply dissolve 4 pellets under your tongue and avoid coffee and mints for 30 minutes so the pellets can work their magic. *Arnica is available for purchase in our office or at local health food stores.*

### DON'TS

- ▶ Don't drink alcohol for at least 3-4 days **prior** to your appointment. You can count on a lot less bleeding and bruising if follow this guideline.
  - ▶ Don't drink alcohol for at least 24 hours **following** your treatment, either. Alcohol causes inflammation. Instead, relax and hydrate.
  - ▶ Don't take fish oils, ibuprofen, aspirin, or garlic supplements for up to 7 days before and after your treatment (*unless it is medically necessary for you to be on any of those*). These also thin your blood and can cause more bruising and bleeding.
  - ▶ Don't exercise for at least 24 hours following treatment.
  - ▶ Don't massage the area post treatment, unless informed to do so by your provider. It will be a bit firm and possibly bumpy for a week or so but let it be. If you massage the area without being informed by provider to do so you risk moving the filler around, which could result in very undesirable results.
- ❖ *If you have persistent pain at the injection site or blanching of the skin contact your provider **immediately**.*

Allow 2 full weeks and if you need any adjustments or have any concerns and/or questions call our office.