



Dermal Fillers Treatment Instructions

Before treatment:

- Avoid sun exposure prior to treatment. Sunburned skin cannot be treated.
- If you have had a recent sinus infection, it must be completely cleared up.
- Avoid any dental work for 2 weeks before and 2 weeks after cosmetic injections.
- Let us know of any changes in your medical history and of all medications you are taking.
- For 3 days to 1 week prior to filler injections, it is recommended that you discontinue the intake of blood thinning agents such as Aspirin, and aspirin-containing compounds, Vitamin E, Lovaza, fish oil and garlic supplements. These products increase your risk of bruising and bleeding.
- Please consult with your internist, prior to discontinuing any of these medications/supplements, to determine the advisability of stopping them.
- If you have a history of Herpes (cold sores) you must be treated with Valtrex 2gm at the time of the procedure and then 12 hours later.
- If you develop a cold sore, blemish, or rash, prior to your treatment, your appointment may have to be rescheduled.
- Schedule your treatment at least 2 weeks in advance of a special event or vacation.

During and immediately after treatment:

- Local numbing medication (a topical cream) may be used to maximize your comfort during the procedure.
- You may experience a mild amount of tenderness or stinging sensation following injection.
- To ensure a smooth and even correction, Dr. Prystowsky will massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- Temporary, minimal to moderate swelling may be expected.
- You may experience some tenderness at the treatment site that can last for a few hours, or, at times, a couple of days.
- It may be normal to feel firmness in the treated area/s for the first few days after treatment. This may depend upon the area/s treated and product/s used. Over time, the area/s will soften and settle, leaving you with a soft, natural looking result.



Post treatment:

- Apply cool compresses to the treated areas (avoiding pressure) to reduce swelling and the potential for bruising.
 - Make-up may be applied once the areas have been adequately cooled and any pinpoint bleeding from the injection sites have subsided.
 - Avoid strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities immediately.
 - Tylenol may be taken for mild tenderness or discomfort. Avoid aspirin or aspirin containing products, which may increase your potential to bruise.
 - Avoid drinking alcohol for a minimum of 12 hours to avoid bruising or swelling.
 - Avoid extended sun exposure until any redness or swelling has subsided. Apply an SPF 30 or higher sunblock to the treated areas.
 - Wait a minimum of 4 weeks before receiving any skincare or laser treatments
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- **Please call the office 212-230-1212** if, over the next week, you notice persistent redness, swelling or white bumps.