

Filler Pre/Post Instructions

Filler Pre-Treatment Instructions:

1. Local numbing medication may be used to maximize your comfort during the procedure.
2. Consultation will be conducted to assess needs, discuss options and create plan for optimal results.

Filler Post-Treatment Instructions:

1. You can apply an ice pack or cold compress to the injection area after treatment to help reduce swelling. If swelling or redness persists, please contact us.
2. Avoid touching the area within 6 hours following treatment. After that, the treatment area may be gently washed.
3. Avoid any alcohol consumption for at least 24 hours post treatment. Avoid taking aspirin, non steroidal anti-inflammatory medications, St. John's Wort, and high doses of Vitamin E supplements for one week after treatment. These might increase bruising and bleeding at the injection site.*** Dissolve 1 teaspoon of salt in 1/4 cup of warm water & apple cider vinegar, & apply it to the bruise as a compress. Kroger- Blue Stuff or Arnica and Bromelain.
4. Avoid any heat to area or excessive UV or sun exposure until the redness or swelling has subsided.
5. Avoid applying make-up for 24 hours post treatment.
6. Many patients return to their normal routine/activities immediately, but please wait a few days for any type of strenuous exercise.
7. To ensure correction, we will massage the area treated, which may cause a temporary, minimal to moderate amount of redness to your skin.

What To Expect After Treatment

1. Temporary minimal to moderate swelling can be expected, which should dissipate following injection. Some patients report dramatic reduction in swelling hours after their treatment.
2. It is normal to feel a "firmness" in your injection area for the first few days after treatment. Over time, the area will soften.
3. It is normal to experience some tenderness at the treatment site for a few days.
4. You may experience a mild to moderate amount of stinging or aching post injection.

*If any complications occur, please call our office at 281-895-9090.
Afterhours please follow the prompts on our voice message.*