

# Injectable Fillers

(Juvederm Ultra/Ultra Plus, Restylane, Perlane and Radiesse)



## Pre-Treatment Precautions

- Avoid alcoholic beverages (within 24 hours of treatment)
- Avoid Anti-inflammatories (such as ibuprofen, motrin, advil, aleve, etc.), aspirin, vitamin E, fish oil, flax seed oil, cod liver oil, garlic pills, ginkgo biloba and ginseng one week prior to treatment in order to reduce possible bruising.
- Avoid chemical peels and laser treatments 1-2 weeks prior in treatment area as directed by Dr Stolley.
- Advise Dr. Stolley to any allergies or hypersensitivities to topical and injectable anesthetics, including epinephrine (adrenaline).
- If you have a history of cold sores in the treated area, start Antivirals as prescribed on the day of or the day prior to treatment and take for 3-5 days.

## Post-Treatment Instructions

Applying Ice 15 minutes on, 15 minutes off for several hours after the procedure will decrease swelling along with sleeping with your head elevated for the first few nights following treatment.

Immediately after treatment and for the following 24 hours you should avoid:

- Strenuous Exercise
- Sun/Heat Exposure, Tanning Beds
- Alcoholic Beverages
- Massaging/Pressing on treatment areas
- Extreme Cold Temperatures

48 Hours following treatment you may restart Anti-inflammatories (such as ibuprofen, motrin, advil, aleve, etc.), aspirin, oils, supplements and vitamins.

Consider laser tx's/chemical peels at least 1-2 weeks after the filler treatment, as recommended by Dr Stolley.

**Optional:** You can take Arnica tablets to reduce the risk of bruising and help with swelling. Begin 1-2 days prior to treatment as directed on the bottle and continue for a couple days following treatment. If bruising occurs, you can continue to take arnica orally and apply a topical preparation to resolve the bruise quicker. We have a pre/post care kit available which contains both the tablets and topical.