



## PRE AND POST CARE INSTRUCTIONS DERMAL FILLER INJECTION

### Pre Treatment

- Begin prophylactic antiviral therapy if you have a history of perioral herpes (if treating areas around the mouth) 1 day prior to treatment.
- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve, supplements including St. John's Wort, Ginkgo biloba, primrose oil, garlic, ginseng, Vitamin E, and/or fish oil to reduce the risk of bruising for 1 week prior to treatment. Tylenol is acceptable.
- You may not have any dental work, any illness or any immunizations within two weeks pre and post dermal filler injections due to risk of infection,

### Post Treatment

- Cool compresses may be used the first day post injections to reduce swelling and/or bruising.
- Do not manipulate areas of injection.
- Avoid blood thinners after treatment to reduce the chance of bruising. Tylenol is acceptable.
- If, for any reason, scabbing should occur, do not pick or scratch at treated skin.
- Treat skin gently for the first 24-48 hours. Wash with gentle cleanser, cool water, using hands only. Pat dry.
- Bruising, swelling and/or redness may occur after treatment and can take UP TO 14 days to resolve.

### **Contact the office if you have:**

- Swelling, pain, or increased redness that does not resolve over a few hours to a few days
- Temperature of 100.4 or greater with warmth, redness at injection site, or blanching (lack of color near or around injection site).
- If you have any signs of infection, open sores, skin peeling or lumpiness

**Please contact your provider immediately if you notice any swelling, pain or increased redness that does not resolve over a few hours to a few days, fever, redness at injection site, blanching (lack of color near or around injection site), signs of infection, open sores, skin peeling or lumpiness.**

**We want you to be completely happy with your visit to Eterna!**

**Call the office with any questions or concerns 253.268.3400 or after hours 661.209.2754.**

**If you are pleased with the service you received today, we invite you to post a review on Yelp or Google.**

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