



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, Gingko 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.

Ann, ARNP: Ann@eternaesthetic.com

Mark, MD: mark@eternaesthetic.com