



The following instructions will help you achieve the best results from your **Dermal Fillers Injection** treatment. Please take a moment to review this information prior to your treatment. Inform provider of any changes in medical history and of all medications you are taking.

**1 day before receiving treatment, please:**

- Begin prophylactic antiviral therapy if you have a history of perioral herpes (if treating areas around the mouth).

**1 week before receiving treatment, please avoid the following:**

- 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. Tylenol is acceptable.

**2 weeks before receiving treatment, please avoid the following:**

- No dental work within two weeks pre and post dermal filler injections due to risk of infection.
- Any illness.
- No immunizations (influenza, COVID-19 etc.)

**Immediately after receiving 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.

**1-2 days after receiving treatment:**

- Treat skin gently for the first 24-48 hours. Wash with gentle cleanser, cool water, using hands only. Pat dry.

**1-14 days after receiving treatment:**

- Bruising, swelling and/or redness may occur after treatment and can take UP TO 14 days to resolve.

**2 weeks after receiving treatment:**

- No immunizations (influenza, COVID-19 etc.)

**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

Should you have any questions at all please contact our office at 253.268.3400.

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We look forward to seeing you at your upcoming appointment!

The Eterna Team