

COSMETIC FILLER (HYALURONIC ACID) TREATMENT INSTRUCTIONS

One week before your cosmetic appointment:

- **Avoid taking aspirin, Advil, Aleve, Motrin, Excedrin, ibuprofen, naproxen or any similar pain medications. Also avoid supplements with: vitamin E, fish oil, omega 3, flax seed, garlic, ginkgo biloba, ginger, ginseng, niacinamide and green tea supplements. These agents may increase bruising and bleeding at the injection sites.**
- **If you require an over-the-counter pain medication in the one week prior to your cosmetic procedure appointment - consider over-the-counter Tylenol/acetaminophen - following the bottle's directions as this does NOT affect bruising risk.**

Please observe the following after treatment with Juvederm & Restylane.

- Immediately after the treatment, the most common side effects are temporary redness and swelling at the injection site. These effects typically resolve within 2 to 3 days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond that time period or if other serious reactions occur, such as severe pain, please contact your physician.
- Bruising can also be a common side effect and may persist 1-2 weeks. This may be camouflaged using liquid concealer or foundation, such as DermaBlend (found typically at Macy's, Ulta, or online).
- Avoid excessively touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
- Please note that it takes 2-3 weeks for filler to fully integrate and soften into the tissue. Refrain from vigorous massaging and pushing on the filled areas at this time.
- If you have previously suffered from facial cold sores there is a risk that the needle puncture could contribute to a recurrence. Speak to your physician about medications that may minimize a recurrence.
- Avoid exercise and alcohol for six hours post-treatment.
- Research shows that having a follow up treatment before the product has fully dissipated will enhance the lasting effects. Please be sure to consult your physician about recommendations for follow-up treatments.
- If possible stop taking any non-essential health supplements as many of these can additionally thin the blood and increase your risk of bruising after the procedure. However, do not stop any prescription medications unless clearly discussed with your physician directly.

Jason G. Whalen, MD | Katie O'Brien, MPAS, PA-C, | Rachel A. Limpert, CRNP |
Rachel A. Weyant, MPAS, PA-C | Lauren E. Broadbelt, CRNP

160 Millers Run Rd. | Suite 500 | Bridgeville, PA 15017 | 412.564.5444 | Fax: 412.564.5478 | whalenderm.com