



Pre & Post Instructions for Dermal Fillers & Sculptra®

- These treatments are not recommended if you have an important event within 2-3 weeks of the injections, due to the potential for bruising and swelling.
- Eating kiwi fruit, pineapple and/or taking/applying Arnica may help reduce bruising. You can begin these 3 days before your treatment and continue until bruising has resolved. Arnica is available as a gel, cream or as sublingual pellets. These can be purchased at Sprouts and Whole Foods. Recommended dose of the 30C strength sublingual pellets of Arnicare is 5 pellets under the tongue 3 times a day.
- DO NOT schedule these treatments within 2 weeks of a dental appointment (cleaning or otherwise). NO dental work 2 weeks before or 2 weeks after.
- DO NOT schedule these treatments within 48 hours of planned travel. You **MUST** be in town for at least 48 hours following your injections.
- You can markedly lower your risk of bruising and swelling from injections by avoiding blood-thinning agents for one week prior to treatment. Talk to your prescriber to see if you can temporarily go off of any prescribed blood thinning agents. Over-the-counter pain medications such as **aspirin, ibuprofen (Motrin & Advil), naproxen (Aleve) and Excedrin**, should also be avoided for up to a week prior to treatment. Acetaminophen (Tylenol) is considered safe and will not contribute to bruising. **Alcohol, green tea and supplements containing vitamins A & E, omegas, ginseng, garlic, kava kava, tumeric, celery root, glucosamine, ginkgo biloba, fish oil, flaxseed, flaxseed oil, krill oil and chondroitin** may also thin the blood and contribute to bruising/swelling.
- Dermal fillers and Sculptra® are **contraindicated** if you are pregnant or breastfeeding, have an infection or active inflammatory process at the site of proposed treatment, are being treated for an autoimmune disease, are undergoing immunosuppressive therapy, have multiple and severe allergies or high sensitivity to medications-including but not limited to Lidocaine.
- If you have a history of facial cold sores, there is a risk of exacerbation particularly when injections are done in or around the lips. If needed, we will call in a prescription for antivirals: Valacyclovir (Valtrex or Famvir) 1000mg(1GM), 1 tablet, once a day (or 500mg, 1 tablet, twice a day) for 3 days **starting one day prior to the treatment (PLEASE PROVIDE US WITH YOUR PHARMACY INFORMATION)**.
- If possible, avoid wearing makeup to your appointment.
- After dermal filler and/or Sculptra® treatment, you may experience moderate to severe swelling, redness and bruising. These symptoms are **normal** and will resolve in 7-10 days.

- After dermal filler and Sculptra®, **DO NOT** put any **makeup, powder, arnica, sunscreen or moisturizer** on the injected areas for a minimum of 3 hours. Do not touch, press, rub, or manipulate the treated areas for 6 hours after treatment. Objects such as fingers, cell phones, hair, and hats contain bacteria that can be spread to the newly injected areas. It is advisable to cleanse your phone, hands and makeup applicators before touching them to your face. If you have had dermal filler injections, avoid direct pressure on the areas for the next 3 days (if possible sleep on back). Lumps and bumps in the injected areas are normal. These will dissipate over the next 2-4 weeks.
- After dermal fillers, **DO NOT** get a facial or massage in areas treated for 2 weeks after your procedure.
- Please call or text Erin Woodford RN, BSN if you notice extreme pain, unusual bruising pattern, blotchy skin color in or around treated areas, severe redness, blisters, cold sores or unusual itching. (During office hours, you can call 480-350-7191 or call/text 480-662-3269 24/7.)
- After treatment, avoid exercise all together for 24 hours. Avoid vigorous exercise, heat and extreme cold for 2-3 days after treatment or until redness and swelling resolve.
- Apply cold compresses frequently for comfort and to reduce swelling for 48 hours. Take Tylenol as needed for discomfort.
- After Sculptra treatment, please **MASSAGE** the treated areas (as demonstrated) once a day for 5 days. This is most comfortably performed using a lubricant such as your daily cleanser, moisturizer or arnica gel/cream.
- Hydrate, hydrate, hydrate! These products love water and will only look better if you are well hydrated.
- Injected areas may appear uneven and symmetry may appear distorted until the swelling subsides. If necessary, enhancements are recommended 3-6 weeks following injections, depending on product used.
- Sculptra takes 6-8 weeks to build collagen. Multiple treatments are necessary. Although you may leave your appointment looking volumized, this effect will dissipate over the first 48-72 hours.