Wichita Dermatology & Aesthetics
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316-682-7546

Filler Pre-Treatment Guidelines

- If you have a history of cold sores, be sure to let your provider know so that antiviral medication can be prescribed and taken before your scheduled treatment.
- Avoid medications that may increase the risk for bruising for 7 days prior to your treatment (such as Aspirin, Advil, Coumadin, Plavix, Fish oil, St. John's Wort). If you are on any of these medications for medical reasons, please check with your health care provider before discontinuing.
- If you are prone to bruising, consider taking the oral natural supplement Arnika Forte or Arnica Montana which reduces the possibility of bruising and speeds up the bruise healing time prior to your appointment (found at health food stores or on Amazon). Take as directed on bottle.
- Avoid dental work and vaccines 2 weeks before and after your filler treatment.
- Avoid alcohol for 24 hours prior to your treatment to lessen the chance of bruising.

Filler Post Care Instructions

- Please do not touch, rub, or manipulate areas that were injected for 24 hours.
- Avoid strenuous activity or exercise for 24 hours.
- Avoid extreme heat or cold (sun exposure, sauna, steam room, hot tub, or tanning beds) for 2 days.
- Makeup may be applied 24 hours after treatment if no complications are present. We recommend a clean or new makeup applicator. Apply makeup gently, avoiding rubbing/massaging the treated areas.
- The injection area may also be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing.
- Avoid non-steroidal anti-inflammatory medication (such as Advil, motrin, or aspirin) and alcoholic beverages for the first 24 hours.
- Wait a minimum of 2 weeks before receiving any skin care or laser treatments.

Possible responses after Filler:

- Bruising/Redness- Can last up to 7 days if present. Ice can be applied to treatment areas after the injection. Oral and/or topical Arnika Forte or Arnica Montana can be taken to help bruising resolve at a faster rate.
- Swelling- Can last up to 3-5 days.
- Mild tenderness/discomfort at the injection sites may last hours to several days.
- Dryness can occur with lip injections- moisturize with Vaseline or Aquaphor as needed.
- Lumps or bumps at the injection site are normal and should resolve with time.
- Report any persistent or worsening symptoms to your provider. **If the area turns white, is cool to the touch, and is very painful (which might indicate obstruction of blood flow), please report this to your provider immediately.**

If you have any concerns, questions, or signs and symptoms of a complication, please contact our office at (316) 682-7546.