



Dermal Filler Injectable Procedures

Pre-Treatment Instructions

- Before receiving any injectable treatment, let us know of any medical conditions you may have. During your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.
- For facial fillers, please inform us if you have a history of perioral herpes to receive advice on antiviral therapy prior to treatment.
- Certain medications and supplements can thin your blood and increase the chance of bruising.
- Avoid the following 2 weeks prior to your appointment: Over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve two weeks before your treatment (to avoid bruising), Herbal supplements such as Garlic, Vitamin E, Ginkgo Biloba, John's Wort, and Omega-3 capsules, and Alcohol and green tea avoidance before and after your procedure to decrease the chance of bruising as they are known to thin the blood
- If you are on chronic blood thinners like Coumadin or Lovenox, please let us know. This is not dangerous but will increase the risk of bruising.
- Please note: If you have a history of heart disease or clotting/stroke, please check with your doctor prior to stopping use of Aspirin. If you cannot stop blood thinners, expect higher chances of bruising.
- Pineapples have high bromelain content and eating one the day before your treatment can help decrease your chance of bruising.
- 1-2 weeks prior to your appointment, begin taking arnica pills daily for optimal healing.
- Ice during and after your treatment.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- Do not use Dermal Fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- Arrive at the office with a "clean face". Please do not wear makeup. You may bring your own makeup to apply after your treatment.
- Pictures will be taken prior to treatment and documented in your confidential file
- To maximize your comfort during the procedure, a topical prescription anesthetic numbing cream may be applied.
- You may have mild tenderness or a stinging sensation following injection. Numbness for 1-2 hours is also normal as most fillers have numbing medication mixed in.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

Immediately After Treatment

- Redness and swelling are normal. Bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
- Depending upon the area(s) treated and product(s) used, you may feel "firmness" in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and "settle".
- For the first month after your treatment, take arnica and turmeric pills daily for optimal healing.
- The swelling will increase in the treated areas for the next 24 hours. When you wake up the next day, the amount of swelling may come as a bit of a shock. But rest assured that over the next 48-72 hours the swelling will go down. We encourage icing the treated areas for 15 minutes every hour or so to help with the swelling.
- Redness and swelling in the treated area will decrease over the next week. Infection is very rare but contact Dr. Macha if you find areas with persistent, severe redness, pain, blistering, or increased swelling.

Post-Treatment Instructions

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may apply makeup.
- Avoid placing excessive pressure on the treated area(s) for the first few hours and up to 2 to 3 days; when cleansing your face or applying makeup, be very gentle.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Untreated bruising will generally fade in 5 to 14 days. If bruising is severe, please do let us know as this can be treated.

Please call us at (734) 249-8722 for any concerns

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