

**KAROL A GUTOWSKI, MD, FACS**  
*AESTHETIC SURGERY*  
*CERTIFIED BY THE AMERICAN BOARD OF PLASTIC SURGERY*

**BEFORE & AFTER INSTRUCTIONS FOR INJECTED SOFT-TISSUE FILLERS**  
BELLAFILL, BELOTERO, RADIESSE, SCULPTRA  
RESTYLANE PRODUCTS (LYFT, RESTYLANE SILK)  
JUVEDERM PRODUCTS (JUVEDERM, ULTRA, VOLUMA, VOLBELLA, VOLLURE)

**BEFORE FILLER INJECTION INSTRUCTIONS**

- No Aspirin or other medications that interfere with blood clotting for 10 days before treatment as you may bruise excessively. It may be best to avoid Vitamin E, Ginko Biloba, Aleve, St. John's Wort, garlic, and Ibuprofen and other similar medications (Motrin, Advil, Naproxen, Aleve, etc) also. If you are on a blood thinner for a medical reason, check with your doctor before stopping it.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform Dr. Gutowski at least one week before your appointment, so you can get a medication to prevent an outbreak.
- Come to your appointment with a clean face and **no makeup**.
- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections. You may want to refrain from going to any special events during this time.

**AFTER FILLER INJECTION INSTRUCTIONS**

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness, after the injections. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office for advice.
- **Cold compresses** may be used after the treatment to reduce swelling, and decrease soreness. You may take Tylenol every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after treatment, if no complications are present, such as wounds, bleeding or infection.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser or a mild soap.
- If you had a Sculptra treatment, gently massage the treated areas with your finger tips for 5 minutes, 5 times a day for 3 days.
- Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks (2 months after Sculptra injections), to see if a touch-up is needed in the facial sculpting process. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.
- Call Dr. Gutowski immediately at 773-870-0732 if you experience sudden pain, or skin discoloration within the first few days after injection. You may email or text a picture of the area in question before calling.