

## Filler Post-Procedure Instructions

### How will I look immediately after treatment?

Immediately upon treatment with filler, we will be able to see volume improvement. Often, there is some immediate soft tissue swelling caused by temporary injection-induced skin inflammation, which may make the immediate appearance look slightly fuller than it will ultimately be. You may also see small areas of superficial redness, puffiness, and pinpoint bleeding at the sites of injection, most of which improves within a matter of a few hours.

### What can I expect in the next few days to weeks in terms of swelling?

Over the next 1-5 days following the injection, the filler tends to “hydrate,” which involves the product pulling water into the area. This **normal and expected** part of the treatment process may temporarily result in a look that is more “puffy” and “swollen” than desired. The degree of swelling varies greatly depending on the person, filler type, and location of placement. In particular, this swelling may be especially noticeable in the first few mornings following your treatment session. Usually within 1 week post-treatment, most people’s swelling is greatly improved, and usually by 2-3 weeks post-treatment, the results have settled into their final outcome.

### What can I expect in the next few days to weeks in terms of bruising?

Sometimes, there can be bruising following treatment, depending on the patient and area being injected. This bruising can result in visible skin discoloration, usually beginning as maroon to purple in color and ultimately fading to a yellow-green shade over the next week. This discoloration may take 1-2 weeks to fully resolve (occasionally longer) and is usually easily covered by concealer makeup. Larger, deeper bruises are rare and can contribute to tissue swelling. If you know you tend to bruise or swell easily, are taking blood thinners, or have other particular concerns about swelling and bruising, talk with your injector about steps we can take to reduce these risks.

### What will my discomfort be like after filler?

For most people, pain and soreness are minimal and manageable with over-the-counter Tylenol (see below). Headaches and soreness with chewing may also occur. Usually, discomfort subsides within a matter of a few days.

### What are things I should do in the days following my filler treatment?

- After your filler session is complete, we will cleanse your skin and apply a broad-spectrum, medical-grade sunscreen to your skin. **If you would like to apply makeup immediately afterwards, you may do so.** Please speak with your provider about the best post-procedure makeup choices.
- For the rest of the day following filler, **feel free to use ice packs** to any swollen or tender areas. We recommend using ice for up to 20 minutes at a time, spaced in intervals every 1-2 hours, as often as needed for the rest of the day, with an option to continue the next morning if needed.
- If you are experiencing pain/tenderness, **you may take Tylenol (acetaminophen) 500-1000 mg every 6-8 hours as needed. Please avoid NSAIDs** (aspirin, ibuprofen (Motrin), naproxen (Aleve)), as these are blood-thinners and could worsen your risk of bruising.
- If you know you are prone to **cold sore / fever blisters** and have received injections around the mouth, please let your provider know so we can prescribe valacyclovir. We recommend a dose of 2 grams the day before or the day of injection, and repeat this 2-gm dose 12 hours later.
- If you and your provider have deemed it necessary to reduce swelling, take prednisone 20mg beginning the day of your procedure and continued for 2 additional days. Note that prednisone can cause insomnia, so some choose to delay their first dose until the morning after their injections and continue daily thereafter for 3 total doses.

### What are things I should avoid in the days following my filler treatment?

- Please **do not take NSAIDs** for pain control, per above.
- Please **hold off on using any topical retinoids, glycolic or salicylic acid products, or other exfoliating/anti-aging/stimulating skincare products** for the first 2-3 nights following your filler treatment to avoid irritating the skin, instead opting for a gentle face wash and moisturizer.
- **Please do not massage, press, or otherwise manipulate the filler** after it has been placed. This may result in the shifting of the product out of its intended location and could also worsen the tendency towards swelling and bruising. If you notice any “lumps” or “cords” of filler in certain areas, do not be alarmed. To give an analogy, receiving filler injections is like getting balls and sticks of butter placed into the skin, which will “melt” into the soft tissue over the next few weeks to months and therefore will soon feel less noticeable. If any remaining nodularity is still present at your follow up visit, please bring this to the attention of your provider, who may opt to massage the product for you at that time. In rare case in which lumps or nodules have persisted beyond the expected time frame, the filler can be easily dissolved with an in-office injection of hyaluronidase, which we have readily available.

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### **What are things I should avoid after my filler treatment (cont):**

- **Please avoid vigorous exercise for the remainder of the day after your filler.** You may resume normal activity and exercise the next day, though you may want to avoid performing exercises that cause a great deal of facial straining, as this could worsen any bruising or swelling.
- **Please avoid sleeping directly on your face** for 3 nights following your filler placement. The ideal sleeping position after filler is on your back, but well-supported side sleeping is usually okay. We just want to avoid extreme pressure to the treated areas.
- For the following 3 days, **please avoid facials, face-down massages, Clarisonic devices, or wearing tight goggles, scuba masks,** or other gear that could put pressure on your filler placement sites.
- To reduce the tendency for swelling and bruising, please avoid alcohol, caffeine, niacin supplement, high-sodium foods, high-sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment.
- If you have undergone injections in the jawline, cheek, and/or temple areas, you may experience some mild to moderate soreness with chewing, and therefore for the next few days, you may choose **to avoid eating extremely crunchy or chewy foods** to reduce discomfort.
- As hard as it may be for some, **please avoid the tendency to worry or over-analyze** any noticeable asymmetry or imperfection of your look for the few days following your filler. As a general rule of thumb, it is best not to “judge” your new look for at least 2-3 weeks post-treatment to allow for the product to settle and for any swelling to reside. Of course, if you have concerns and need reassurance, you are always free to give us a call.

### **What are warning signs of a problem that would warrant me calling the office?**

Please call us if you are experiencing severe pain, severe swelling, injection site bleeding, skin color changes (mottled, gray, or dusky appearance), blurry vision, fever blister outbreaks, or any other major concerns.

### **When should I return for a follow-up visit?**

If this is your first time receiving filler, and/or if you have received injections with multiple syringes or over an extensive area, we will usually invite you back for a follow-up visit in order to assess your results. At that time, if a touch-up is needed, it can often be performed at that time. If you have had filler previously and are happy with your results, there is no need to come back for follow up unless desired. If you schedule a follow-up visit but opt not to keep the appointment, we would appreciate it if you would give us a call to cancel at least 24-hours in advance so that we can open the appointment slot to another patient.

### **When should I return for more filler?**

This will vary greatly depending on how much filler you received, what type of filler, where the filler was placed, the quality of your skin, and your body's natural metabolism. If your goal is to maintain your results and continue to fight the aging process, we would recommend returning for more filler in the next 6-12 months, as natural age-related volume loss will have continued to progress over that time frame. Usually, when filler is injected routinely as a maintenance procedure, a smaller amount of product can be used at these visit than at the initial corrective visit. Talk with your provider if you would like to create a customized long-term maintenance plan.

### **What can I do to maintain the results of my filler for as long as possible?**

- Use high-quality skin care, including a daily sunscreen SPF 30+, an antioxidant-containing product, a topical retinoid or other exfoliating product, and a high-quality moisturizer. We would be happy to provide you with a consultation to help you select the best product choices for your skin type.
- Consider undergoing other in-office treatments to help improve the texture, tone, quality, and tightness of the skin, all of which can help to maintain the overall health and youthfulness of your look. Feel free to ask about other treatment modalities we offer at Legacy Dermatology, including:
  - Microneedling and profractional laser (for improving skin tone and texture)
  - BBL laser (for improving signs of sun damage, including redness, sun spots, and precancers)
  - Pelleve and Ultherapy (for tightening the skin and reducing eyelid, neck, and facial skin sagging)
  - Chemical Peels (for improving skin quality, texture, tone, and overall health)
  - Kybella and TruSculpt (to help reduce unwanted areas of fat accumulation that can contribute to an aged appearance, such as along the chin and jowls).

***Congratulations on your new look, and please do not hesitate to contact us if you have any further questions!***