

MASSAPEQUA DERMATOLOGY, PLLC

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Dermal Filler Post Treatment Instructions:

- Immediately after the treatment, the most common side effects were temporary redness, swelling and bruising at or around the injection site.
 - These effects typically resolve within 2-3 days. (lips may be swollen up to 2 week)
 - Cool compresses, (on for 20 minutes off for 20 minutes) for 4-6 hours post injections can help reduce the redness and swelling and can minimize the extent of the bruising.
 - Use of Arnica Montana may be useful for bruising.
 - If the redness and swelling persist beyond 3 days, becomes worse or is accompanied by other symptoms, such as increased pain or fever, please contact the office.
 - Avoid exposure of the treated area to intense heat (sun or steam baths, tanning beds) or manipulation (facials, massages, waxing, facial aesthetic treatments) for 2 weeks
 - Avoid lasers to the treatment area for 4 weeks
 - Injection areas can often seem overly filled or "lop-sided" while swelling is present. It is important to wait until swelling resolves prior to re-injection.
- Cold sores
 - If you have had a previous outbreak of facial cold sores the injection of dermal filler can lead to a recurrence.
 - Cold sore history should be discussed prior to injection and the use of anti-viral medication prior to injections may be helpful.
 - New cold sore eruptions are also possible, even if you have not experienced an outbreak before.

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- Please contact the office with any sores or lesions that occur in or around the treatment area, so early intervention and treatment can be used to minimize discomfort and complications.
- Blood thinners, NSAID's, and Aspirin
 - Avoid taking aspirin, St John's Wort, high dose vitamin E and non-steroidal anti-inflammatory (NSAID'S) medications such as, Advil, Motrin, Aleve, or ibuprofen, for one week following treatment. These agents may increase bruising and bleeding at the injection site
- Avoid exercise and alcohol for 6 hours post treatment.
- Follow up within 14 days.
- Contact the office for any of the following reactions
 - Swelling that persists after 3 days (7 days for lips).
 - Swelling that increases after the first 24 hours, or is accompanied by increased pain, fever or eruption of lesions in or around the treatment area.
 - The outbreak of cold sores.
 - A white (blanched) area
 - Fever
 - Pain that does not resolve after 24 hours
 - A dusky discoloration of the skin
 - Bruising that has a lacey appearance to it
 - Any concern or question you have regarding your treatment.