

FILLER INJECTIONS:
Pre-Treatment and Post-Treatment Instructions

1. Pre-Treatment Care:

A. Have something to eat before coming in for the procedure.

B. How to use **BLT topical anesthetic**:(benzocaine, Lidocaine, Tetracaine)if you opt to use a topical numbing cream to help with discomfort of the injections .

1. **Apply topical anesthesia at least 30-45 minutes prior to appointment time.**

2. **Tear off the top of all the 3packets** (leave all 3 packets together, fold at the crease, cut corner of all 3 packets. Dispense in small cup and mix cream together

3. Cleanse treatment area **vigorously**, pat dry, and immediately after swipe alcohol wipe over the treatment site. This will enable deeper penetration of the topical anesthesia into the skin; making it work better

4. **Massage** into the treatment site with firm pressure for 5-10 minutes
Do not wash off the cream, as it will be washed off at office prior to treatment.

5. **Apply entire packets on the treatment site** . If only treating a small area lower half of face, using half the packages of all three is sufficient . Just make sure you cover entire treatment area. You can reapply if you would like to because you will be discarded the remaining cream.

C. If you suffer from cold sores in the area (s) to be treated, let Dr. Duke know as there is a risk that needle injections in that area could contribute to a cold sore recurrence.

D. If you suffer from keloid formation, please let Dr. Duke know.

E. **To prevent bruising:**

Avoid aspirin (or any medications that thin the blood like Advil, Motrin, St. Johns Wort, vitamin E, Coumadin, Plavix, Gingo Biloba, Garlic, Ginseng, Fish oils, Dong Quai, Feverfew) for *two weeks before the procedure* -- to minimize bruising.

Take Arnica pills starting one day before, and for five days following, the procedure.

Drink fresh pineapple juice (or take Bromelain supplements 500 mg twice a day) for three days following the procedure. Arnica and Bromelain supplements are available at a health food store.

F. Dr. Duke has reviewed with you treatment expectations and alternative options.

2. Post-Treatment Care:

A. Immediately after a treatment, you should expect some redness, swelling, and possible bruising at the treatment sites. This is common and can last 2-3 days.

B. **Apply pressure** to the treated site for 5-10 minutes after the procedure.

C. **Apply ice/cold compresses** to the treatment sites immediately after the treatment.

D. If you have had a nerve block, avoid eating or drinking hot liquids for 2-4 hours.

E. Sleep elevated for 2 nights to minimize any swelling.

F. Avoid touching the treated area for 6 hours following the treatment. After that, the area can be gently washed with soap and water. Any bumps/collection of the filler can be gently massaged down and molded into place one day after the procedure.

G. Until the initial redness and swelling have resolved, avoid exposure to intense heat (sun or ultraviolet lamp) or extreme cold weather.

H. Avoid taking aspirin or blood thinning agents for one week following the procedure.

I. Avoid exercise and alcohol for six hours post-treatment.

J. **Call** if you develop any cold sores, pain, purple areas or bruising. If you have a painful purple area, blisters, or pustules, call the office. If you have a bruise that you are concerned about, call the office as sometimes we can use a laser to help it heal.

K. Following your treatment, call the office if you have any questions about the healing or the effects of the treatment. If any swelling or redness lasts more than three days, *please call the office.*

L. You can apply make-up in 24 hours, after the injection puncture sites heal up.

3. **Follow-Up:** You should schedule a follow-up appointment so that Dr. Duke can evaluate the results of the treatment and determine if you need further filler injected. The follow-up appointment should be 2-4 weeks following the initial treatment -- in order to obtain a reduced fee on any additional syringes of fillers which may be needed to achieve your final result. (There is no charge for that appointment, only a charge for the additional filler that is used.) Full fees apply after 4 weeks.