



Dr. Jaclyn A Klimczak, MD



Facial Plastic Surgery

PRE/POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

PRETREATMENT CONSIDERATIONS:

- Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.
- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider.
- Alcohol is also to be avoided 24 hours pre- or post- injectable treatment, as it is also a blood thinner.
- **DO:** consider taking Arnica Montana natural supplement to help bruising
- **DO:** notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections.
- **DO:** arrive to your appointment with a clean face. Any makeup will be removed and the face cleaned prior to injecting
- **DO:** Cancel your appointment if you have any open sores in the treatment area. It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- **DO NOT:** use topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products for 3 days prior
- **DO NOT:** wax, bleach, tweeze, or perform hair removal cream on the area to be treated for 3 days prior
- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. We will delay injectables if you:
 - Have had any infection, cold, virus, or flu in the past 30 days.
 - Have had any dental procedures in the past 30 days or are anticipating dental procedures or cleanings in the next 30 days.
 - Have had a surgical procedure in the past 30 days or are anticipating a surgery or procedure.
 - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
 - Have had any tattooing or permanent makeup within the past 30 days.
 - Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).
 - Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.



Dr. Jaclyn A Klimczak, MD



Facial Plastic Surgery

PRE/POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

POSTCARE INSTRUCTIONS:

- **DO:** use ice to the area 20 minutes on 20 minutes off for the first 24 hours
- **DO:** use arnica cream and tablets, and bromelain tablets - all of which can reduce or resolve potential bruising after your treatment.
- **DO:** use Tylenol as needed to reduce any pain
- **DO:** sleep elevated the first 24 hours after injection to reduce swelling

.....**DO NOT**.....

- **DO NOT:** itch, massage, or pick around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office. Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site.
- **DO NOT:** drink alcohol for 24 hours after treatment
- **DO NOT:** apply or engage in activities where intense heat is over the area. This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also avoid extreme cold such as skiing or other winter sports.
- **DO NOT:** engage in yoga or other rigorous exercise activities for the first 24 hours after treatment. This may cause temporary redness, swelling, and/or itching at the sites of the injection
- **DO NOT:** get any skin care treatments or lasers for 4 weeks or until cleared by your injector
- **DO NOT:** sleep on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- **DO NOT:** take Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, and Garlic for 2 weeks since this may increase the risk of bruising. You may shower and do most other regular daily activities.
- **DO NOT:** apply makeup for 8 hours after treatment or until bumps/injection site marks have faded.



Dr. Jaclyn A Klimczak, MD



Facial Plastic Surgery

PRE/POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

- Note that any bumps or marks will go away within a few hours. If you do develop a bruise it will resolve like other bruises you have had in about a week.
- There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections.
- Redness may last for 1-2 days, rarely longer. You may apply cold compresses or acetaminophen (Tylenol) to reduce swelling or discomfort.
- It can take up to 2 weeks before the swelling resolves and the results are seen. At this time will the physician want to see the patient for a brief “touch-up” and checkup of the procedure. If nodules arise this is the time when you can start massaging the area.

PLEASE REPORT TO THE CLINIC OR CALL IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS:

1. Temperature elevation
2. Sudden swelling or discoloration: dusky or white discoloration of injected areas, mottling or unusual bruising, redness, increasing warmth or coolness to touch
3. Excessive Bleeding
4. Blisters
5. Discharge from the wound edges or other evidence of infection
6. Development of any drug reaction
7. Severe Pain not responding to pain medications

Finally, please contact us at should you have any questions at the following number:

Telephone: (561) 939-0900

I certify that I have been given a copy of these instructions

Patient name: _____

Relationship to patient: _____

Patient Signature: _____

Date: _____ **Time:** _____

Witness: _____

Date: _____ **Time:** _____