



## Pre and Post Care for Fillers

What are some common side effects?

**Swelling:** swelling depends on multiple factors and just because you didn't swell one time, does not mean you will not swell the next time you treat. You can take an anti-histamine, such as Zyrtec, to help with the inflammation as well as ice.

**Bruising:** We suggest that you avoid vitamins, alcohol, aspirin and ibuprofen products in order to minimize the chance of bruising. A bruise can last 2-3 days or up to 2 weeks depending on type and location. Arnica and ice can help with bruising initially. After 72 hours, warm compresses can also help!

**Tenderness:** mild tenderness along injection site can occur in patient post treatment. Applying ice to the area periodically throughout the day can help alleviate some discomfort.

What can I take for discomfort?

We suggest Tylenol for discomfort. Ice and arnica can also help decrease inflammation and help with discomfort.

Can I fly? You can fly immediately after filler but know that it may increase swelling to the area treated. An anti-histamine and ice can help decrease inflammation.

When can I work out? Tomorrow you can return to your regular gym routine

Call if:

Any signs of infection (hot to touch, pain out of proportion, changes in skin color/texture)

### Freshly injected, What Now?

It is normal to have a little swelling and tenderness to the areas treated. You can also be a little "lumpy bumpy" (especially after lip filler) but don't worry that is just usually from inflammation and resolves. Ice and arnica help!