

Bellafill

What to expect before, during and after your procedure

Before your procedure:

- An assessment will be made by your physician to determine the amount of product needed.
- A skin test will be performed 4 weeks prior to your first Bellafill treatment to rule out any skin sensitivities to the ingredients in Bellafill. A small amount will be injected into your forearm, if you should see any reaction to this, inform your doctor.

During your procedure:

- Bellafill contains lidocaine to minimize treatment discomfort.
- Multiple injections will be administered to treated areas.
- You may have a very small amount of pinpoint bleeding where the needle was inserted. This usually subsides in a few minutes.

After your procedure:

- You may use your regular skin care products and make-up.
- You may feel some soreness around treated areas. Ice packs may be used to ease tenderness and swelling. Tylenol 500mg, one or two pills, every 4 to 6 hours can be taken for tenderness as needed.
- Immediately after treatment you will experience swelling which can last up to 3-7 days. Application of ice packs (10 min. on and 10 min. off) will help minimize swelling.
- You may feel lumps where the filler was injected, which is typically related to swelling and will subside in about 3-7 days.
- Do **NOT** manipulate, rub, massage, apply pressure, etc. to treated areas or lay face down after treatment.
- Bruising is not uncommon from injections. Arnica pills can be taken before and/or after the treatment to decrease the risk of bruising and to help bruising subside faster. We have Arnica available for purchase in our practice.
- Additional treatments may be necessary to achieve desired results.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____
