

Dermal HA Fillers

What to expect before, during and after your procedure

Before your procedure:

- Your Physician will determine the type of product and appropriate amount of product needed.
- Certain fillers may contain lidocaine. However, your Physician may decide to use a topical numbing agent or local anesthesia injections prior to filler injections.

During your procedure:

- Injections are necessary to place filler into treatment areas.
- You may have a small amount of pinpoint bleeding at injection sites. This stops within minutes.

After your procedure:

- Do **NOT** manipulate, rub, massage, apply pressure, etc. to treated areas or lay face down after treatment.
- You can apply make-up after injections (unless instructed otherwise by your Physician).
- Immediately after treatment, you will experience swelling which can last 1-3 days. Certain fillers may contain **hyaluronic acid** (a substance your body normally produces) which attracts water and may also contribute to any swelling.
- It is not unusual to feel lumps/bumps at site of injection(s) for 3-5 days or longer.
- Ice packs can ease tenderness and swelling. Apply ice packs (10 mins. on and 10 mins. off) several times a day for the first 24-48 hrs. as needed.
- Bruising may occur. If you develop dark, unsightly bruising that is difficult to cover with make-up, you are welcome to come into the office the following day and have the bruise(s) treated with a laser at no charge. The laser helps to break-up the bruise which causes it to fade faster.
- Arnica taken before or after the injections will decrease the risk of developing a bruise and/or help to diminish the bruise faster. We have Arnica available for purchase.
- Avoid excessive exercise, hot baths, saunas, or activities that require you to be face/head down such as massage.
- Because of swelling, optimal results may take up to 2 weeks. Asymmetry is not unusual after the filler has been injected due to swelling and will subside as swelling resolves.
- Additional filler(s) 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: _____

