



GREENSBORO
DERMATOLOGY
ASSOCIATES, P.A.

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Filler Post-Op Sheet

- Apply **Ice** to the treated areas for 5-10 minutes once every 30-60 minutes at home this afternoon and evening. You can also apply ice in the same manner the following day if needed. Be careful to not leave your ice pack in one specific area on the skin for longer than 5 minutes. You will have decreased sensation on your skin from the anesthetic (topical and/or lidocaine within the filler product). We do not want you to get an area of “freezer burn” on your face from the ice pack.
- If you have a history of **Fever Blisters**, take the oral medication as it has been prescribed for you.
- **Do not rub, push, or massage the injection areas.** We want the filler to stay in the proper place. Be very gentle with your skin over the next 2 weeks. You can wash your face gently, apply make-up and moisturizers, and sleep normally. Avoid facial massage, dental work, or anything causing pressure to the skin for 2 weeks.
- You may want to try **Arnica gel or tablets** to help with bruising.
- **Avoid vigorous exercise for 48-72 hours** as this will increase bruising and swelling. Strenuous activity that causes the blood vessels on your face to dilate may increase bruising and swelling.
- **Avoid sun exposure and sunburn** for 1-2 weeks as this can also increase swelling.
- **Bruising and swelling are to be expected.** Feel free to cover the areas with make-up. Yellow tinted cover-ups work well to camouflage dark bruises.
- **You may feel lumps or bumps in the treated areas.** These will smooth over 2-4 weeks.
- It is important for us to see you back at your **2-week follow-up appointment.** We want to take photos to document your results, visualize your improvement and determine what may need to be done in the future.
- Feel free to call us with any **questions** at **336-954-7546.**

What else can I do to help prevent bruising?

- Avoid Aspirin, NSAIDS (Ibuprofen, Aleve, Motrin, etc), Multivitamins, Fish Oil, Flaxseed Oils, Gingko, Ginseng, Garlic, Glucosamine, Omega-3, St. John’s Wort, and Vitamin E for at least 7 days before your procedure and 2 days afterwards.
- Eat **fresh pineapple.** It can be cut up in the store, but must be fresh, not frozen or canned. Eat **half** of the pineapple **the day before** our treatment. Eat **one quarter** of the pineapple **the day of the procedure before you come in**, and then **the last quarter after your treatment.** Pineapple contains bromelain which is felt to help decrease bruising.
- Arnica Montana gel - Apply **Arnica gel 5 times/day for 2 days after treatment.** Start 30 min after the procedure.
- Apply cold compresses/ice before, during, and after treatment.
- Dermablend Cover Cream can help to cover bruising (available at Ulta).