

# WHAT TO EXPECT WITH DERMAL FILLERS

(Restylane, Defyne, Refyne, Lyft, Kysse, Silk, Contour, Juvederm, Voluma, Volbella, Vollure etc....)

Dermal Fillers are products that are injected into the skin to soften creases or folds, support areas of volume loss or contour specific facial areas. Local numbing medications, Pronox and/or ice may be used to maximize your comfort during the procedure. Most patients will have some mild discomfort typically associated with needle injections.

*The following are important treatment instructions for you to understand to help avoid unsatisfactory results and complications.*

- *It is not normal to have moderate to severe pain or blanching of the skin or lacy weblike bruising. If you observe these things call us immediately. If it is after hours/weekend, please call 803-781-1201 and press option 2 to leave a message for the Managing Owner, Amy Powers Estes, and you will receive a call back from our on-call staff.* It is normal to be somewhat red, tender, and swollen for several hours after filler injections and bruising is always possible. The lips may be sore for several days, if injected. You may experience a mild to moderate amount of stinging or soreness post injection. You may also have some redness, swelling, soreness or bruising. This will normally last less than seven days. It is normal to experience some tenderness at the treatment site for a few days. To minimize bruising, please inform the injector if you used blood thinners such as ibuprofen, aspirin or herbal preparations prior to your procedure. Avoid aspirin, ibuprofen, fish oil, vitamin E, and other non-steroidal anti-inflammatory medications (like Celebrex) for 24 hours to minimize bruising.
- Injectable fillers cannot be done if you have had any dental procedures, including routine cleanings, two weeks before or after your filler appointment.
- No upside down activities (like yoga) or vigorous exercise for 24 hours.
- If you have previously suffered from facial cold sores, please inform the injector during your treatment. There is a chance the needle punctures could contribute to another recurrence. Medication is available that may minimize recurrence of the cold sores.
- Avoid alcohol, sunbathing and cold outdoor activities the day you have your treatment for at least 24 hours. Avoid the use of a Clarisonic brush on the face, facials or laser treatments within two weeks of filler. If possible, avoid flying within 72 hours of filler.
- Do not massage any filler **except Sculptra®** as directed by your injector for 48 hours - post treatment. Massaging these fillers can unintentionally displace the filler and cause more bruising and swelling. Sculptra® is a different type of filler and requires massaging to prevent nodules. Call the office immediately if you experience any increase in pain tenderness, swelling, or color changes in the skin, especially around the nose. If you are a first- time filler patient, please call for any concerns, no matter how small. For previous filler patients, always call for anything out of the ordinary.
- Drink lots of water! This will help your body heal.

## EMERGENCY DIRECTIONS

*During our normal workday - Please call the office at 781-1201 if you experience significant pain, redness, or blistering (uneven reddened or discolored patches on the skin).*

*Weekends/After Hours - If this is after 5pm or over the weekend, please email BOTH our Managing Owner Amy Powers at [amy@rejuvenationsmedicalspa.com](mailto:amy@rejuvenationsmedicalspa.com) and our Senior Nurse Injector, Kim Vella at [Kim@rejuvenationsmedicalspa.com](mailto:Kim@rejuvenationsmedicalspa.com) and they will be in touch with you upon receipt.. You can also call 803-781-1201 and use option 2 to leave a message for Amy Powers, Managing Owner – and an automatic transcribed message will be sent to her. She will be in touch with you upon receipt.*