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## **Pre-Filler Instructions**

### **Why are fillers used?**

As we age, sun damage, genetics, gravity and even daily expression can cause lines, wrinkles and hollowing. One of the most common and easy methods to restore lost volume and diminish lines is through the use of fillers.

### **What are fillers made of?**

Fillers such as Restylane and Juvederm are hyaluronic acid-based. Hyaluronic acid is a naturally occurring sugar in your skin that pulls 1000x its weight in water. By injecting this into your skin, you can restore lost volume and add hydration. Your body can break down this natural sugar so these fillers are not permanent.

### **Are there any restrictions prior to treatment?**

- **No dental work** two weeks before or after filler.
- **Pregnancy/breastfeeding:** you are not a candidate if you are pregnant or breastfeeding.
- **Avoid** taking any medications or supplements that can increase risk of bruising for two weeks before your appointment (unless prescribed by a physician). These include Aspirin, NSAIDS, Blood Thinners, Fish Oil, Vitamin E, Garlic, and Gingko.
- **Do** take arnica tablets prior to your procedure to prevent bruising. You may take 1 tablet each of the two days leading up to treatment and 2 tablets the day of treatment.

### **What can I expect after treatment?**

- **Bruising and Swelling:** Bruising and swelling can last up to two weeks after treatment but often go away after 3-5 days. Plan accordingly with your schedule.

- **Lumpiness and Bumpiness:** fillers can be lumpy and bumpy for two weeks after treatment. Filler needs time to incorporate into your body. Allow two to three weeks to see maximum benefits from the treatment.
- **Redness:** You may experience some redness after your treatment. Makeup can be applied immediately to minimize redness.
- **Tenderness/Pain:** You may experience minimal discomfort for a day or two. You may take Tylenol as directed.