

Element

Medical Aesthetics

80 Main Street | New Canaan, CT | 203.594.1907 | hello@elementct.com

HYALURONIC ACID FILLER PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Avoid all blood thinners 1 week prior to lessen chances of bruising. This may include: aspirin, ibuprofen, (Advil, Motrin), naproxen (Aleve), Vitamin E, Fish Oil, Garlic, Ginseng, & Ginkgo Biloba.
- Avoid alcohol 1-2 days prior to treatment to lessen chances of bruising.
- Wait 3 months after Accutane (isotretinoin) before treatment.
- Discontinue retinoids and exfoliating acids (glycolic, salicylic) 72 hours prior to treatment.
- If you are prone to cold sores, begin medication (i.e. Valtrex) prior to treatment.
- Bruising and swelling are always a possibility. Plan procedures at least 2 weeks before important events.
- Wait at least 2 weeks after dental work to schedule your treatment.
- Wait at least 2 weeks after receiving a vaccine to schedule your treatment.
- Bromelain (found in pineapple) and Arnica can be taken ahead of your appointment to reduce bruising and inflammation.
- Come to your appointment with a clean face, free of makeup.
- Reschedule your appointment if you are pregnant or breastfeeding.
- Hydrate and eat before your appointment as there is an increased chance of light-headedness/fainting when receiving treatment on an empty stomach.

POST TREATMENT INSTRUCTIONS

- Common side effects include swelling, bruising and tenderness.
- Tylenol can be taken to relieve tenderness.

- Alcohol, ibuprofen, naproxen, aspirin, and other blood thinners should be avoided for 24 hours after treatment to reduce bruising.
- Apply a cold compress to the treated area for 5-10 minutes as needed the first few days.
- Bromelain (found in pineapple) and Arnica can be used to reduce bruising and inflammation.
- Sleep with head elevated, drink plenty of water, and avoid salty foods to reduce swelling.
- If you notice signs of vascular occlusion, (pain, blue or purple "lacy" pattern, blanching/paleness of skin), contact us immediately. If you cannot reach the office, go to the nearest emergency room. A vascular occlusion occurs when filler enters a vessel, clogging it and impeding the delivery of blood, oxygen, and nutrients. It is a rare event but must be managed as soon as possible.