



TIMELESS

SKIN SOLUTIONS

injectable filler before & after treatment instructions

Before treatment:

If you've started any antibiotics or other medications since your initial visit, please let us know. Avoid taking St. John's Wort, Vitamin E, aspirin, non-steroidal anti-inflammatory drugs, alcohol, and fish oil supplements 3 days prior to treatment. These agents may increase bruising and bleeding at the injection site. You may apply Arnica 3 times per day, 3 days prior to treatment, to help reduce the risk of bruising. Drinking 8 oz of pineapple juice twice a day 2-3 days before and 2-3 days after injections may also help with potential bruising.

After treatment:

After your treatment, you might have some redness and swelling. This will normally last less than 7 days, and for some patients may last up to 14 days. Cold compresses may be used immediately after treatment to reduce swelling. You may apply a cold compress to the area for 20 minutes per hour, and you may do this hourly for up to 3 days. If the inconvenience continues beyond 7 days or if other reactions occur, please contact the office at (614) 799-5100.

Avoid touching the treated area 6 hours following treatment. After 6 hours, the area can be gently washed.

You may be able to feel the facial filler underneath the surface of the skin for several weeks following your treatment. This sensation is normal with hyaluronic acid fillers, as water is being drawn into the solution, and should feel similar to your own skin within 2-4 weeks.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your physician about medications that may minimize a recurrence.

Avoid exercise and alcohol for 6 hours after treatment.

Having a follow up treatment before the product has fully dissipated may enhance the lasting effect. Please be sure to consult our office about recommendations for touch-up or follow up treatments.

If you have any questions or concerns, please do not hesitate to call (614) 799-5100 or email contact@timelessskinsolutions.com.