



REVIVAL DERMATOLOGY

Post Procedure Instructions

HYALURONIC ACID FILLER/SCULPTRA/RADIESSE

BEFORE YOUR APPOINTMENT:

- Do not schedule an injectable filler treatment if you have had **dental procedures in the last 2 weeks or a vaccination in the last 3 weeks.**
- Make sure you schedule your appointment at least 2 weeks in advance of a special event as you may bruise with the treatment.
- Let us know if you have a history of cold sores if you are going to have injections around your mouth.
- Discontinue blood thinners such as aspirin, ibuprofen, St. Johns Wort, fish oil, Vitamin E, Ginger, Ginkgo Biloba or ginseng for 7 days unless you have been prescribed these by a physician.
- Take Arnica Montana and/or Bromelain (found naturally in pineapple or as a supplement) 1 day before and for 7 days after your injections to minimize bruising and swelling.

AFTER YOUR APPOINTMENT:

- Avoid significant movement or massage of the treated area unless you have received Sculptra Aesthetic. After Sculptra, please massage the area treated for 5 minutes 5 times a day for 5 days.
- Avoid alcohol, strenuous activities or excessive heat exposure for 24 hours.
- Avoid any dental procedures for 2 weeks or a vaccination in the last 3 weeks before and after your treatment.
- You may apply a cool compress for 10 minutes every hour to reduce bruising and swelling.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- You can take Arnica and drink pineapple juice to help with bruising and swelling.
- With lip injections, some patients have swelling for up to a week and the lips can look uneven during this time. Keep your follow up appointment so we can assess symmetry.
- With midface or tear trough injections, do not wear goggles, tight sunglasses or do anything that might put pressure on the area injected for the first 2 weeks.
- Contact our office if you have any excessive pain, bruising, blisters or skin discoloration.

