



DR ESTHER GRUNAU, MD
MEDICAL AESTHETICS

Dermal Filler and Lip Filler **BEFORE & AFTERCARE**

5 days prior to your treatment, in order to minimize bruising:

- Avoid blood thinning medication such as ASA, Advil, Motrin, Aleve. If you are on prescription ASA/blood thinners, do not discontinue them unless advised by your own physician
- Avoid blood thinning supplements such as fish oil, vitamin E, St. John's Wort
- For discomfort and swelling: you may take Tylenol and/or an antihistamine as directed.

24-48 hours prior:

- Do not drink alcohol
- Avoid hair removal (waxing, electrolysis) on the area(s) to be treated

For 2-3 days after your appointment:

- Apply cool or ice packs to the areas to relieve swelling/bruising for 5-10 minutes at a time
- You may take Arnica and/or eat fresh pineapple to reduce bruising
- Sleep on your back a little upright, and avoid lying on your face or putting pressure on the treated areas
- Do not consume alcohol or take aspirin, vitamin E and NSAIDS (such as Advil), in order to minimize bruising in the treated area(s)
- Avoid intense heat (sunbathing, sauna, steam, hot tubs) and strenuous exercise (until swelling/redness have resolved)
- Avoid touching or rubbing the treated area for at least 24 hours after treatment
- Gentle, careful application of cleanser, makeup and sunscreen is ok 6 hours post

For at least 2 weeks following your treatment:

- Do not plan any dental work, particularly following lip and/or lower face treatments
- Do not plan any "photo ready" events

Flying/travelling after filler: The main consideration is your follow up care and what you will do if you have a side effect or concern. Most serious side effects manifest within 3-7 days after the treatment. Consider where you are traveling to, the flight length and access to care.

Advise the doctor if you have a history of cold sores. The needle puncture could cause an eruption, and medication to prevent cold sores may be advised.

Contact Dr. Grunau immediately if you have: fever/chills, red/hot/tender areas of skin, severe increasing disproportionate pain, unusual discoloration of your skin (light or dusky patches) at the injection site OR in areas not injected.

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