



Facial Fillers After Care Instructions

Overview:

Most patients have no problems after facial filler treatments. These treatments include Restylane®, Juvederm®, Sculptra®, Radiesse®, and most facial filler treatments. Overall, it is extremely safe with very high satisfaction. The most common problem is not having realistic expectations. Fillers do not always last as long as desired or improve wrinkles as much as hoped. Fillers do not “get rid of” all your wrinkles. Patients should expect “significant improvement” not complete wrinkle removal. If a patient doesn’t get the result they want, often the answer can be needing more filler or a combination of treatments. In our practice, it is important to assess the patients desired results and provide a customized treatment plan for how we can treat them.

After your consultation and treatment, we ask that you come in for a follow up appointment 2-3 weeks after your treatment where we will assess how your filler settled and whether you need additional treatment or not. Extra filler can be safely added shortly after the first treatment or at any time. This usually leads to improved results and increased satisfaction.

General Care After Fillers:

- Bruising and Swelling – gently ice for the first 24 hours. 20 minutes on and 20 minutes off – five times a day. Extra icing can definitely help.
- Headache Pain or Pain at Injection Site – Tylenol or Motrin usually is all that is required.
- Redness, Welts, and, Itching – Benadryl is best. Available over the counter.
- Lumps or Bumps – massage with gentle pressure to the area for two minutes. Repeat a few times a day.
- Results – Understand Realistic Results. Additional treatments require more product and have additional expense.

Potential Facial Fillers Side Effects:

- Bruising and Swelling – Recovering from fillers such as Juvederm®, Restylane®, and Sculptra® usually is extremely easy. Most people have minimal to no bruising and can resume normal activity the following day. Bruising may occur and can last 7-10 days. It is important to understand it will not affect the result of the filler. It just takes time for the bruise to resolve.

- Headache or Pain – Headache or pain at the injection area also can happen after fillers. This is usually very little minor and goes away quickly. We recommend Tylenol or Motrin for this kind of headache or pain.
- Redness, Welts, and Itching – Minor redness or welts can occur after filler such as Juvederm, Restylane, or Sculptra. Sometimes you will get itching as well. This is normal and please do not worry. Benadryl is recommended for this problem and symptoms.
- Lumps or Bumps – This sounds scary but is not common in any practice. Most lumps are just fluid or some bruising from the injection and will get better quickly. If you feel lumpy spots, push on the spot with minimal pressure for about two minutes. This is called “massage” and helps resolve bruising, swelling, or any lumpiness. In extremely rare cases, a product can be used to dissolve the hyaluronic acid in the fillers. This is also easy and works great. It is not very uncommon to need this after cosmetic facial fillers.
- Results – It is extremely important to have realistic expectations with the results of fillers and understand that our doctors and registered nurses work hard to give you desired results and realistic expectations.

Fillers are gradually absorbed and don’t always last as long as desired. Fillers last a different amount of time. Restylane® and Juvederm®, which are hyaluronic acid fillers, last about 6-12 months. How long fillers last (of all types) is not dependent on the doctor or injector, but on how quickly you absorb it. If it is absorbed early, it isn’t bad, just a fact of how quickly your body metabolizes it. In this case it can be disappointing but nothing is wrong. Additional product can be purchased and is usually the answer. It can be safely added at any time and usually gives better results and satisfaction.

Contact the office:

If you have additional questions or concerns after your treatment, please don’t hesitate to call the office at (408)865-1777. Thank you!

I have been explained the post treatment instructions and what to expect following my Facial Fillers treatment and I have been given a copy of this post treatment care sheet.

Patient Signature

Date

Print Name