

SOFT TISSUE AUGMENTATION: PREPARATION

CHECK YOUR APPOINTMENT TIME. Keep in mind that the treatment can result in swelling and bruising. This is most pronounced with lip augmentation but is a possibility with any filler procedure (see Aftercare section). ***If you need to reschedule your filler treatment session, please contact our appointment staff as soon as possible,*** as a courtesy to your physician and to other patients.

TO OPTIMIZE COMFORT AND MINIMIZE THE RISK OF BRUISING:

- **Avoid DENTAL PROCEDURES & IMMUNIZATIONS 2 weeks before & 2 weeks after your filler treatment.** Dental procedures cause bacteria to enter the bloodstream and increase your risk of inflammation (swelling and potential allergic reactions). Immunizations stimulate your immune system and could increase inflammation from your treatment.
 - **One week prior to your treatment, avoid aspirin, fish oil/ingestion of fish (shellfish are fine), coconut oil, naproxen (Naprosyn®, Aleve®),** garlic pills, ginkgo, ginseng, curcumin/turmeric, and St. John's Wort.
3 days prior to your treatment, discontinue ibuprofen (Advil®, Motrin®) (You may resume taking ibuprofen after the procedure.)
Important: do not discontinue medications that you are taking for medical reasons without consulting your prescribing physician or provider.
 - **60 minutes before your appointment, apply numbing cream:** after cleansing the skin with soap and water, apply the cream as a thick layer — like shaving cream. For optimal results, plastic wrap (e.g. Saran® wrap) can be applied over the cream. You may wipe off the visible cream prior to coming to the office.
___ Prescription: EMLA® or generic lidocaine/prilocaine
___ No prescription needed: LMX 4® or LMX 5®
 - **Please remove makeup, especially lipstick/gloss in the treatment areas prior to your appointment.**
- *If you are prone to cold sores* (recurrent herpes simplex viral infections), begin taking your antiviral medication **on the morning of your procedure** (e.g., Valtrex®, Famvir®, Zovirax® or acyclovir). Like other procedures involving facial skin, soft tissue augmentation can trigger a flare of "cold sores." Check with your provider for dose but typical regimens are:
___ Valtrex® (valacyclovir) 500 mg. — take one tablet 2 times a day for 5 days
___ Zovirax® (acyclovir) 400 mg. — take one tablet 3 times a day for 5 days
 - *If you need to take antibiotics prior to dental procedures,* take your antibiotics **on the day of your procedure**. Check with your provider for dose and medication; common regimens are:
 - Amoxicillin 500 mg; take 4 pills one hour prior to your procedure or as directed
 - Zithromax® (azithromycin) 250 mg; 2 pills one hour prior to your procedure or as directed
 - Keflex® (cephalexin) 500 mg; take 4 pills one hour prior to your procedure or as directed

***Please feel free to contact our staff with any questions regarding your care:
480-591-3500 or 602-494-1817***

Please see reverse for "Aftercare" instructions.

AFTERCARE

- Immediately after the treatment, there may be redness or bruising, swelling, tenderness and/or itching in the treated area. This is a normal result of the injection. The inconvenience is temporary and generally disappears in a few days. If symptoms persist longer than a week or if other reactions occur, please contact your physician.

Lips: the initial swelling may last longer and is most noticeable on the day of the procedure and the day after. Some patients experience swelling for about a week and the lips can look slightly uneven during this time. The result directly after the treatment should not be seen as the final result. Lips may be sore for a few days after treatment.

After treatment of facial areas:

- **Minimize movement of the treated areas in the 6 hours after treatment.** However, if there is a visible bump, firmly massage the area, even if it is within the 6 hours after treatment. Sunscreen and make-up can be applied, and the area can be gently washed with soap and water.
- **Apply ice or cool packs (gently)** periodically to reduce swelling. It is fine to take pain medications after treatment, including acetaminophen (Tylenol®) and/or ibuprofen (Advil®, Motrin®).
- If you were given a cortisone ointment or cream, apply it to the treated areas twice a day for 2 days (tonight, tomorrow morning and tomorrow night).
- *If you are prone to "cold sores,"* continue your medication for 5 days.

After treatment of hands:

- **Keep treated areas clean and dry until the next morning;** avoid immersing hands in water after treatment until the next day. You may gently massage treated areas if desired.

After all treatment areas:

- **48 hours after treatment:** avoid drinking alcohol and exercise (which may result in bruising); until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. sunbathing, tanning booth, sauna, hot wax). If you have received treatment on the face, avoid facials during this period.
- Bruise Creme™ may be applied twice daily or more frequently to reduce the risk of bruising and to hasten the fading of redness and/or bruises.

The initial treatment series may take 2 to 3 treatments to achieve the desired correction. After the first treatment, the swelling resolves and the hyaluronic acid filler become more compact and "settles" in the skin. Most patients undergo a second treatment 1 to 2 months after the first treatment.

Once optimal cosmetic results have been achieved, treatments are periodically performed to maintain the correction (typically 4-8 months later for most hyaluronic acid fillers--this can vary considerably and depends on type and amount of filler(s) used, your cosmetic goal, and individual responses to filler). For most people, maintenance sessions require less filling material than the original treatment series.

The body has its own natural system for absorbing hyaluronic acid. This means that your body will eventually absorb the products, and the correction does not last forever (although most patients benefit from collagen stimulation from the treatment). In addition, through the natural aging process, our faces continue to lose volume over time. Follow-up treatment helps replenish the desired degree of correction, enables your body to build support and produce collagen, and optimizes your cosmetic results.

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