



Ecker Dermatology

Dermal Filler Pre & Post Care Instructions

Pre-Treatment Instructions

- Dermal fillers must not be administered if you have had any vaccines, illness or dental work in the last two weeks.
- Dermal fillers must not be administered if you are pregnant or breastfeeding, are allergic to any of the ingredients, have a history of anaphylaxis, or have any active inflammatory process in the treatment area (rash, infection, hives).
- Please inform your provider if you have a history of cold sores - antiviral medication will be considered by your provider if this is the case.
- For optimal results, and to minimize the chance of bruising at the injection site, please avoid any blood thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medications such as aspirin and ibuprofen. Also avoid herbal supplements such as fish oil, garlic, vitamin E, ginkgo biloba, St. John's Wort and omega-3 capsules. Do not stop the use of any prescription blood thinning medications. Use of these medications are not a contraindication, but does increase your risk of temporary bruising.
- Avoid alcohol for 24 hours before and after your appointment to decrease risk of bruising.

Post-Treatment Instructions

- Bruising, swelling, redness, pain/tenderness, numbness and areas of firmness may occur.
 - In the first 24 hours after injection, avoid strenuous exercise, extensive sun or heat exposure (no hot tub or sauna), application of makeup and alcoholic beverages. Exposure to the above may cause temporary redness, swelling, and/or itching at the injection sites.
 - Avoid massage of the treated area unless instructed by your provider.
 - You may apply a cool compress or ice pack on and off to reduce swelling.
 - Use Tylenol (acetaminophen) for discomfort.
 - Consider the use of Arnica Montana tablets or gel (found on Amazon) to help with bruising and swelling.
 - Wait a minimum of two weeks before dental work, vaccines, or laser treatments.
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- **If you experience any of the following symptoms, contact our office at 952-222-8149 to speak with your provider. After hours, you will be connected to a provider through our answering service: Dusky or white discoloration of injected areas, mottling or unusual bruising, severe or increasing pain, increasing warmth or coolness to the touch, severe swelling, difficulty swallowing or smiling, fever or chills.**