



GREENWICH POINT DERMATOLOGY

DERMAL FILLERS (Juvederm, Restylane, Belotero, Radiesse)

PRE-TREATMENT INSTRUCTIONS

- Avoid fillers if pregnant or breastfeeding.
- Avoid alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory and blood thinning medications (aspirin, ibuprofen, vitamin E, Aleve etc.) for 2 weeks prior to your procedure, if possible, to reduce bruising and swelling.
- Schedule your appointment at least 2 weeks prior to a special event for optimal results.
- Avoid dental work, including teeth cleaning, 2 weeks before filler appointment to avoid potential infections.

POST-TREATMENT INSTRUCTIONS

- Apply ice packs for 15 minutes, at least 3 times the day of treatment to minimize bruising and swelling.
- Moderate swelling, bruising, and redness will resolve in about a week.
- For mild discomfort, you may take Tylenol.
- Do not massage treated areas after treatment.
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid dental work, including teeth cleaning, 2 weeks after filler appointment to avoid potential infections.
- Call immediately if you experience extreme pain, blanching or marked bruising of the area, vision problems, or headaches.

If you have any questions or concerns, please call our office at 203.764.2230.