



Winslow

Facial Plastic Surgery

Injectable Filler Pre and Post Treatment Instructions

Pre-Treatment

1. Stop taking anything containing Aspirin, Ibuprofen(Advil) or Naproxen (Alieve) 10 days prior to your treatment.
2. Stop taking herbal supplements (fish oil, glucosamine, Vit E, etc) 10 days before treatment to minimize bruising.
3. If you get cold sores, pre-treat with an anti-viral such as Valtrex before treatment for lip injections.

Post -Treatment

1. Apply ice or cold compresses immediately following your treatment and periodically over the first 48 hours.
2. You may massage any lumps or bumps that you see GENTLY as the swelling decreases. If you are concerned with the appearance please call.
3. Medicines containing Aspirin, Ibuprofen (Advil, Motrin) and Naproxin (Alieve) can cause increased bruising. Tylenol may be used for the any discomfort associated with the injections.
4. Until all of the redness and swelling have gone avoid direct sun exposure and intense heat.
5. If you experience bruising, eating ½ to 1 fresh whole pineapple per day will help eliminate the bruising faster.
6. Our aestheticians offer laser treatments and concealing makeup for an additional fee if bruises are a significant concern for you.
7. For tear trough injections of Juvederm or Restylane; some bluish discoloration called the Tyndall Effect can occasionally be seen. This is temporary and easily covered with makeup.