



PRE-TREATMENT INSTRUCTIONS-SOLID FILLER TREATMENT

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

- Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
- If you develop a cold sore, blemish, or rash, etc. in the treatment area prior to your appointment you must reschedule.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Let us know if you are prone to cold sores - a pre-operative medication may help prevent cold sores after treatment.
- AVOID: Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.
- Discontinue Retin-A two (2) days before and two (2) days after treatment



POST TREATMENT INSTRUCTIONS - Solid Filler Threads

Results:

- It may take 2 weeks or longer for the treatment effect to be noticeable
- Bruising and swelling is normal and expected - if bruising is visible you can start taking oral Arnica and apply topical arnica cream.
- Asymmetry and irregularity of the tissues treated is common and should resolve.
- Pain at the injection site(s) is normal this may last several days or even one week after treatment. You may occasionally also feel stinging sensation as the solid filler threads settle in, this is normal.

What you need to do:

- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by gently massaging in circular motions. You may repeat this 3 to 5 times a day.
- If any of the threads are exposed or start to extrude, you can either gently pull on the thread to try to remove it or you may use fine scissors to trim the suture at the skin. If you are uncomfortable performing either of these maneuvers, please contact your treatment provider to have this performed in the office. Always notify your clinician if this occurs regardless of whether you are able to return to the office or not.
- Avoid exercise for 24 hours.

When to call:

- If you experience increased redness, swelling, or pain at an injection area.
- If one or more of the threads begin to extrude and you are unable or unwilling to remove the thread.
- If you have any questions or concerns regarding your treatment.

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.

Patient Signature

Date