



Your Treatment Guidelines, Restylane Fillers

Plan ahead! Please avoid scheduling a procedure if you have an event within 2 weeks of an injection treatment due to the potential for bruising.

Our faces are extremely vascular, especially around our eyes. Although we make every attempt to minimize any bruising, the potential exists anytime a needle is inserted anywhere on our body. Avoiding Aspirin, Ibuprofen etc. including Vitamin Supplements such as D,E, Fish Oil, Krill Oil, Ginkgo helps limit bruising. Taking Arnica Montana Supplements **6C** helps manage any potential bruising prior to and after your treatment. It can be purchased at Whole Foods. Avoid consuming alcohol and if you're planning to exercise, please do so before your treatment allowing enough time for your body temperature to cool down. Please try to arrive with a clean dry face.

Important to Note: If you've had **Cold Sores/Oral Herpes** in the past you must be on Anti-viral Meds the day before and 5 days post injection. Be sure to contact your Doctor and obtain scripts (Acyclovir 400mg twice daily) prior to your appointment. One must be forthcoming with such information as this could lead to a massive outbreak if ignored.

If you have an allergy to **Lidocaine** you must notify your nurse prior to your injection appointment so an alternative product can be ordered for you.

You are not a candidate for Filler if you have had **ANY VACCINES** or recent **ILLNESS** within 2 weeks before your injection appointment.

You are not a candidate for Filler if you have or have had any planned **Dental Work** within the month of your appointment. This includes Cleanings.

You are not a candidate for filler if you are currently on **Antibiotics** or if you have any planned out of town **TRAVEL for that week.**

REMEMBER YOU WILL SWELL AND BRUISE PLAN ACCORDINGLY

Plan to arrive 30 mins before your scheduled time to allow for application and effect of topical numbing cream.

Post Procedure AfterCare

Swelling should **start** to subside after 72 hours but may take much longer.

The full effect/results of the Filler treatment will be seen after 3 weeks when the Filler starts to integrate/blend/settle within the tissue. “Dont love it or hate it for the first month” It’s a process, and it’s important to remember you will experience changes daily, just let it “do it’s thing.” Schedule a follow-up evaluation and after photos 3 weeks out.

Please refrain from: exercising for the first 3 days, it will cause the area to swell more, as will alcohol. Touching the injected area, applying makeup over injection points that day, prolonged exposure to UV Light and Heat, sauna, hot tub, sun bathing, aggressively washing your face/rubbing the treated area, facial massages or Laser treatments for at least 3-4 weeks.

How you can help: If not contraindicated, take Ibuprofen/Tylenol to manage the pain, Zyrtec, Arnica, Pepcid to manage inflammation, swelling, and bruising. Initially apply warm compresses to ensure adequate circulation to the area. The following day **CLEAN** cold packs **NOT ICE**, can be used 5-10 mins a few times a day to manage the swelling. After the first week or so, if you feel any lumps or bumps especially in the lips perform light gentle massage to attempt to break up the filler.

CALL IMMEDIATELY IF YOU SUSPECT A VASCULAR OCCLUSION FOR THIS REQUIRES IMMEDIATE ATTENTION BY OUR TEAM. THIS MAY INCLUDE REVERSAL MEDICATIONS AND GUIDED ULTRASOUND TO PREVENT PERMANENT TISSUE DAMAGE.

Regardless of LOCATION, lack of blood flow will incur cell death. Time is Tissue. Once Home, It’s important YOU know the signs/symptoms so YOU can notify your injector immediately.

SYMPTOMS INCLUDE: unusual pain, maybe severe, worsening pain in the area or even beyond the area injected, paleness at or beyond the injection site, worsening swelling, blueish discoloration, cool/cold to touch, excessive/enlargement of bruising. If you’re not sure, call anyway, do not hesitate.

Be sure to call Texture or text **781~840~1553** with any questions or concerns you may have before or after your treatment.

SC Aesthetics @ Texture Salon & MedSpa, Medfield