



MANDALA  
AESTHETICS

## Pre and Post Aesthetic Injection Instructions DERMAL FILLER

### Pre Treatment

- ❖ Please discontinue any blood thinning medications at least 7-10 days prior to your treatment. These include but are not limited to: Aspirin, Motrin/Ibuprofen/Advil, Aleve/Naproxen. If you take prescription blood thinners (ex: Coumadin, Xarelto, Plavix) check with your prescribing provider about whether you may temporarily discontinue
- ❖ Please discontinue all supplements at least 7 days prior to treatment
- ❖ Discontinue Retin-A (tretinoin) at least 2 days before and 2 days after treatment
- ❖ If you have an upcoming special event/vacation, schedule your injection appointment at least 2 weeks in advance for filler. Common side effects after injections include bruising and swelling, especially injections around the mouth and eye regions
- ❖ If you have previously had facial cold sores, there is a risk that the needle puncture could contribute to a flare of cold sores. Please take your prescribed antiviral medication prior to treatment. Or, let me know if you need a prescription
- ❖ Please arrive to appointment without any foundation makeup or tinted moisturizer
- ❖ You are not a candidate for filler treatment if you are pregnant or breastfeeding

### To minimize your chance of bruising

- ❖ Start taking arnica a few days before and continue a few days after treatment. Arnica montana is an oral capsule or herbal ointment and can be used as an anti-inflammatory and may minimize bruising
- ❖ Eating pineapple (or drinking pineapple juice) may also reduce bruising. Bromelain is an enzyme in the pineapple that has anti-inflammatory properties, among many other health benefits, and may aid in recovery
- ❖ Avoid alcohol for at least 24 hours prior to and after treatment

**Post Treatment:** You have received a hyaluronic acid facial filler treatment. The results will be apparent immediately but will take a few weeks to fully settle. Please follow the instructions below after your treatment

- ❖ You may gently apply cool compresses to the areas treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin)
  - Bruising may be visible initially, then may become more obvious the following day. By 2 weeks, bruising will have faded
  - Swelling may be significant after filler treatment, especially if lips were injected. Mild, non-painful swelling may last for up to 2 weeks
  - It is normal to experience a dull ache or tenderness in the treated area for up to 72 hours

- ❖ Please avoid touching the treatment areas for the remainder of the day to reduce risk of infection
- ❖ Best to avoid makeup on injected areas for 24 hours after treatment. Makeup should only be applied after any pinpoint bleeding from the injection site(s) subsides. If you need to hydrate your lips (after lip filler treatment), apply Aquaphor with a clean q-tip
- ❖ You may wash your face the evening of your treatment with a gentle cleanser such as Cetaphil or Cerave. Avoid other facial products that evening (peels, retinols, lotions)
- ❖ Do not rub or massage the treated areas today. When cleansing your face or applying makeup, use gentle, sweeping motions to avoid excessive mobility of the area(s)
- ❖ Avoid strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately
- ❖ Avoid sleeping on your face for 48 hrs as much as possible after treatment
- ❖ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or NSAID products as they may increase your potential to bruise
- ❖ Avoid drinking alcohol for a minimum of 12 hours after as this may contribute to bruising and/or swelling
- ❖ Avoid extended UV exposure and extreme heat for a few days after treatment. This includes hot showers, steam, sun beds, hot yoga, and strenuous exercise. These may increase discomfort and swelling
- ❖ Avoid routine dental procedures (cleanings) and vaccinations for at least 4 weeks after a filler treatment if possible
- ❖ By 2 weeks post treatment, the hyaluronic acid filler has integrated into the facial tissues. By this time, it is normal to feel a “cushion” of the product but please let me know if you detect any visible lumps or bumps
- ❖ Additional treatments may be necessary to achieve a desired look

### **What is NOT normal after your filler treatment?**

You observe or experience any symptoms of a blocked blood vessel. This condition is associated with any of the following:

- Blanching (white patches in or near the treated area) and pain beyond a normal ache/tenderness
- Rash known as livedo reticularis (dusky discoloration of the skin)
- Discolored blotches in areas not injected

You experience fever, chills or any other signs of infection, even days after treatment. Other signs of infection include redness that is painful to touch.

In urgent cases when a blood vessel is blocked, the antidote for hyaluronic acid fillers will be injected, as soon as possible, to melt the filler and unblock the vessel. It is important to seek medical attention quickly for best outcome and to prevent further complications and scarring. Please contact Cassie Mandala, PA immediately at (630) 270-6804 with any concerns. If you have difficulty reaching Cassie, and you are concerned about a blocked blood vessel, please go directly to the nearest emergency room.