

## Injectable Fillers

### Post-Injection Instructions

- It is normal to be somewhat red, tender, and swollen for several hours after filler injection. In addition, bruising is always possible. It is advised that you continue to ice the area for 1-3 hours at 15 minute intervals, as directed by Dr. Hooper or Dr. Jackson. The lips may be sore for several days, if injected.
- Avoid Aspirin, Ibuprofen, Fish Oil, Vitamin E, and other non-steroidal anti-inflammatory medications (like Celebrex) for 24 hours to minimize bruising.
- No alcohol, no smoking, no nicotine, for 24 hours. (Or forever if you want to look younger, be healthier, and live longer). Avoid second-hand smoke as well.
- No upside-down activities (like YOGA) or vigorous exercise for 24 hours.
- No dental procedures, including routine cleanings, for 2 weeks after filler.
- DO NOT MASSAGE RADIESSE, JUVEDEDERM, RESTYLANE, BELOTERO, OR PERLANE, UNLESS SPECIFICALLY ADVISED BY DR. HOOPER OR DR. JACKSON. Massaging these fillers can unintentionally displace the filler and cause more bruising and swelling. Sculptra is a different type of filler and requires massaging to prevent nodules. Please read the Sculptra consent for more information.

Call the office immediately for any increase in pain, increase in tenderness, increase of swelling, or any color change (especially if it is a dusky-red to purple) of the skin. Call for any tingling, itching, or burning sensations to the skin, especially around the nose. If these occur, begin regular (not baby) aspirin (two every 4 hours), and one ibuprofen every 4 hours, two hours after the aspirin was started, unless you have an underlying medical condition or allergy preventing you from doing so. Discontinue all forms of nicotine immediately for any of these symptoms and avoid people and places where there is smoke. Stop any ice compresses, and immediately begin to gently massage the area (no matter which filler was injected) and apply warm compresses. If any crusting forms, keep moist with a topical ointment such as Aquaphor (OTC).  
Office after hours 504-454-7382.

If you are a first time filler patient, please call for any concerns, no matter how small. For previous filler patients, always call for anything out of the ordinary.

Thank you for reading this. We can't take proper care of you without your help.