



FILLER PRE-CARE INSTRUCTIONS

The following are important treatment instructions for you to understand to help avoid unsatisfactory results and complications.

- Injectable fillers cannot be done if you have had any dental procedures, including routine cleanings two weeks before or after your filler appointment.
- If you are taking medications that may prolong bleeding, you may experience increased bruising at the injection site. You must avoid aspirin, NSAIDs (ibuprofen, Motrin, Aleve, etc.), vitamin E, fish oil, ginger, ginkgo, green tea, garlic, ginseng, or St. John's Wort for 10 days prior to your treatment. PLEASE INFORM US IF YOU ARE TAKING ONE OF THESE BEFORE YOU ARE INJECTED. If you are prescribed any of these medications by a different physician, you must consult with them prior to stopping any medication.
- Arnica Forte tablets contain the herb Arnica and the pineapple-derived enzyme Bromelain, which help to minimize bruising and swelling. They can be taken one day before and up to seven days after your procedure.
- If a laser treatment, chemical peel, or any other procedure based on active dermal response is considered three to seven days before or after an injectable filler treatment, there is a possible risk of an inflammatory reaction at the treatment site.
- Injectable fillers should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection.
- The safety of injectable fillers for use during pregnancy, breastfeeding, or in patients under 18 years has not been established.
- The safety of injectable fillers in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders have not been studied.
- If you are prone to cold sores, please inform your provider. Antiviral medication may be recommended prior to your procedure.

FILLER POST-CARE INSTRUCTIONS

- It is normal to be somewhat red, tender, and swollen for several hours to days after filler injection, and bruising is always possible. It is advised that

you continue to ice the area for one to three hours at 15-minute intervals, or as directed by the providers at Boston Medical Aesthetics. The lips may be tender and swollen 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
- No vigorous exercise for 24 hours
- Keep the skin clean and makeup-free for 24 hours. Do not use any skincare products for 24 hours. Avoid touching the treated area and keep hair and cell phone away from your skin.
- No dental procedures, including routine cleanings, for two weeks after filler.
- Do not massage HA fillers or Radiesse unless specifically advised by your medical provider. Massaging these fillers can unintentionally displace the filler and cause more bruising and swelling.
- Please call the office immediately at 617-973-9700 for any of the following:

Immediate or disproportionate pain

Blanching: white appearance of tissue

Purple lace appearance to the tissue also known as reticularis

Decreased skin temperature: cooler than unaffected tissue

If you are experiencing any of the above during non-business hours, please call our after-hours line at 617-203-7075.