

Dermatology Center of Steamboat Springs, PLLC

Sandra Eivins, MD

Petra Chladek, PA-C

940 Central Park Drive, Suite 210

Steamboat Springs, CO 80487

(970)-871-4811

**Fillers Discharge Instructions**

1. Immediately after treatment, the most commonly reported side effects were temporary redness and swelling at the injection site. These effects typically resolve within five to seven days. Cold compresses and oral Arnica may be used immediately to reduce swelling and bruising. If the inconvenience continues beyond seven days or if other reactions occur, please contact our office. **DO NOT APPLY HEAT!**
2. If nodules form at the injection site, please call our office.
3. **AVOID** touching the treated area within six hours following treatment. After that, the area can be gently washed with soap and water.
4. Until the initial redness and swelling have resolved, **AVOID** exposure of the treated area to intense heat (sun lamp or sun bathing).
5. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. You will receive samples or be prescribed Valtrex 1,000 mg to take once daily for three days to prevent the occurrence of cold sores.
6. **AVOID** taking aspirin, non-steroidal anti-inflammatory medications (i.e. Advil, ibuprofen), St John's Wort, and high doses of vitamin E supplements for **one week** after treatment. These agents may increase bruising and bleeding at the injection site.
7. **AVOID** exercise and alcohol for six hours post-treatment.
8. About 65% of patients will experience redness following treatment, 50% will experience swelling, and about 1% will experience transient lumping which resolves within a few weeks. Very rare side effects are allergic reaction, discoloration, asymmetry, and nodule formation.
9. Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult with Dr. Eivins about recommendations for touch-up or follow-up treatments.