

~Pre and Post Facial Injections Considerations & What to Expect~

Common injection related reactions may occur such as swelling, bruising, redness, tenderness, itching and discoloration at the injection site. The intensity and duration will depend on your individual treatment and healing characteristics. Swelling decreases significantly after 48 hours but it is normal for bruising to last for 1-2 weeks after the procedure. While it is impossible to control every variable that contributes to bruising, there are many pre treatment actions that you can take to minimize the severity of bruising:

- Avoid aspirin, Excedrin, ibuprofen, Motrin, Aleve, Advil, St. Johns wort, omega fatty acids, vitamin E, ginkgo biloba, ginseng, fish oil, flax seed oil, garlic, biotin, multi vitamins, green tea, and chamomile tea 5-7 days prior to procedure.
- Inform your provider if you are on a blood thinner such as Coumadin, warfarin, plavix or a daily aspirin.
- Wine, beer, and alcohol thin the blood. Consumption can contribute to bruising being more significant.
- Arnica is an all natural homeopathic remedy that has been used since the 1500's to lessen pain, swelling and bruising. You can buy this over the counter at natural food stores.
- If you get frequent cold sores on or around the mouth be sure to tell your provider prior to your injection. An anti-viral medication might be needed to help prevent an outbreak.

Immediately following the injections you should expect swelling, redness and some bruising. It is normal for the treated area to feel heavy and or numb for a few hours after the procedure.

You should avoid any important work or social events where showing up with a bruise might not be in your best interest. You may need to plan up to 2 weeks to heal.

Remember it can take up to 7 days for the results of treatment to evolve. Areas that bruise will look larger initially than areas that do not bruise. Be patient and allow swelling and bruising to go down.

If you have inflamed skin or acne in the area you are seeking treatment, the procedure may aggravate this condition and may be postponed by your provider.

You should avoid injection procedures 2 weeks before and 2 weeks after any type of surgery. This includes dental procedures.

Let your provider know if you are allergic to lidocaine. Most of the products we use come pre-mixed with lidocaine.

Avoid exercise for 24 hours after the procedure as it can increase bleeding and make bruising look worse.

Avoid sleeping for 4 hours after the treatment as it could cause results to change.

Avoid massaging the treated areas unless directed to do so by your provider, as this would potentially change the results of your treatment.

Sleeping the first night after treatment with head propped up on a few extra pillows can help reduce the swelling. It is normal to wake with more swelling that you had the day of treatment.

Your normal washing and applying of facial moisturizers and makeup is ok as long as you are gentle. We recommend iS Clinical and Vi derm products which are available here.

Proper and frequent use of sunscreen is always important. Prolonged direct sunlight can cause bruising to look worse.

Applying ice to the treatment area for the first 24 hours is recommended for swelling and bruising (for fillers). You will be given an ice pack after the treatment.

Avoid massages, facials, facial hair removal, laser treatments, chiropractor appointments where your head is in a cradle for 2 weeks after treatment.

We will have you return to the office at 2 weeks post treatment for re-evaluation and photos.

Some other contraindications to receiving facial injections are pregnancy, breast feeding, chemotherapy, allergy to gram positive bacteria, autoimmune disease and known allergy to Hyaluronic acid.

Patient Signature

Provider Signature

Date