



ΣCare Medical Group
PATRICIA JANKI MD PA

Occupational Medicine • Corporate Wellness • Travel Medicine • Immigration Physicals • Aesthetics • Family Practice

PRE- DERMAL FILLER INSTRUCTIONS

- No Aspirin, Vitamin E, Ginko Biloba, Aleve, St. John's Wort, garlic, or Ibuprofen (Motrin or Advil) for at least 7-10 days, before your appointment.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform Dr. Janki at least one week before your appointment, so we can prescribe a medication to prevent an outbreak.
- Come to your appointment with a clean face. ****This means NO MAKE-UP****
- Eat a small meal or a snack before your appointment
- Take Tylenol one hour before your appointment to help with any discomfort you may have.
- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections. You may want to refrain from going to any special events during this time.

13601 Woodforest Blvd, Houston, TX 77015
Phone : 713 - 330 - 4325 Fax : 713 - 330 - 1910

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POST DERMAL FILLER INSTRUCTIONS

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness, after the injections. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office for advice.
- Cold compresses may be used after the treatment to reduce swelling, and decrease soreness. You may take Tylenol every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after treatment, if no complications are present, such as: open wounds, bleeding or infection.
- In the first 24 hours following treatment, extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If there is swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sun block with an SPF of 25 or greater, combined with zinc oxide or titanium dioxide.
- Patients should avoid strenuous exercise for 48 hours, to prevent moving the filler or increasing blood flow to the face.
- Avoid taking aspirin, Ibuprofen, Advil, Motrin, Aleve, Nuprin, Gingko Biloba, St. John's Wort and high doses of Vitamin E, for about 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser such as Cetaphil or Purpose.

Please understand that your satisfaction is the most important thing for us. We would like you to return to the office in 2 weeks, to see whether a touch-up is necessary in the facial sculpting process. Call us at: 713 330 4325. Remember this procedure is fine-tuned toward the look you want to achieve, and is not an exact science.

- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments.

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