

## OTTAWA PLASTIC SURGERY

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# Dermal Filler Instructions

## BEFORE YOUR TREATMENT:

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- Avoid taking Asprin, Motrin, Ibuprofen / Advil and any other anti-inflammatory medications for 1-2 weeks prior to your injection, if it's ok with your family physician. These medications increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- You may have some bruising and/or swelling after the procedure. Over the counter Arnica supplements / gels have been shown to decrease bruising if you want to use 3-5 days before and after your treatment.
- The ideal time to schedule your procedure is at least 2 weeks before a big event.

## AFTER YOUR TREATMENT:

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You may experience temporary redness, swelling and/or itching at the injection site for the first 2-7 days. If this occurs, apply an ice pack or cold compress to the treated area.

If the symptoms persist for more than one week, please contact our office.

### YOU SHOULD AVOID THE FOLLOWING FOR AT LEAST 24 HOURS:

- Touching or pressing on the area that was treated
- Strenuous exercise / activities
- Consumption of alcoholic beverages
- Extended exposure to Sun, heat or extreme cold weather
- Manipulation or massaging of the area treated

### YOU SHOULD AVOID THE FOLLOWING FOR TWO WEEKS AFTER THE TREATMENT:

- Extreme hot and cold temperatures including saunas or hot tubs
- Prolonged exposure to sunlight or UV light
- Facial or massage

We want you to have an outstanding result! If you have any questions or concerns about your dermal filler treatment, please contact our office at 613-792-4137 or [info@ottawaplasticsurgery.com](mailto:info@ottawaplasticsurgery.com).