

Helton Skin and Laser Institute

1901 Westcliff Drive, Suite 2, Newport Beach, CA 92660 • (949) 646-3376 • FAX (949) 646-3303

Filler Post-Treatment Checklist

Please observe the following after treatment:

- Immediately after treatment, the most commonly reported side effects were temporary redness and swelling at the injection site. These effects typically resolve within two to four days with cold compresses.
- Cold compresses may be used immediately after treatment to reduce swelling. Make sure that the compresses are only applied to one side of the face at a time holding it with bare hands. If you are still numb, you will not realize how cold your face is becoming. As a rule of thumb: if your hand is cold, so is the area of your face; change sides. Save your ice pack, as intermittent 20 minute sessions of icing will reduce any pain or swelling for up to the next 4 days. If the inconvenience continues beyond four days or if other concerns arise, please contact Dr. Helton's office at (949) 646-3376.
- Avoid massaging the treated area within six hours following treatment. The area can then be gently washed with soap and water, and make-up may be worn the next day.
- The enzyme Bromelain can help dissolve bruises. Arnica can help prevent bruises. Both may be found at *Mothers* health food store. Take as directed on bottle.
- If you experience asymmetric pain or asymmetric blue or white discoloration within 6 hours of the filler, please contact Dr. Helton.
- Don't "love it or hate it" until 5 days have passed. Fillers are hydrophilic (water-loving), there is always a period of swelling where one cannot judge size or evenness. If after 2-4 weeks have passed and the augmentation is not satisfactory, you may need more product. This is more common after the age of 40.
- If you are sore to the touch, you are swollen and therefore cannot judge size or evenness. The swelling will resolve.
- The product integrates into your body for up to a year, and evidence shows that having a follow-up treatment 6 months before the product has fully dissipated will enhance the lasting effect. Please be sure to consult Dr. Helton about recommendations for follow-up treatments. Hyaluronic Acid is synergistic, meaning if more is administered before the product has totally dissipated, a greater augmentation will be realized. It will seem like $1+1=3$.
- If you have previously suffered from peri-oral cold sores, if injections were made at the lips, there is a risk that the needle punctures could contribute to another recurrence. Speak to Dr. Helton about medications that may minimize a recurrence.
- One week prior to your next treatment, avoid taking aspirin, Motrin, non-steroidal anti-inflammatory medications and high doses of Vitamin E. These agents may increase bruising. Should you require some form of medication prior, Dr. Helton recommends Tylenol only. You may resume these medications the day after treatment.

For more information, please visit www.DrHelton.com or call our office (949) 646-3376