



AK Care
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Filler Treatment Handout

Before treatment

- Avoid aspirin, vitamin E, St. John's Wort, and other dietary supplements including: ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days.
- If possible, come to your appointment with a cleanly washed face without make-up.

After treatment

- Skin redness and swelling in the treatment area is common. This should resolve within a few days. If it persists longer than 3 days, please contact AK Care.
- Do not forcefully massage the treated areas, but gentle massaging the firm areas containing more filler is advised.
- Avoid applying heat to the treated area until any swelling or bruising have resolved.
- Routine make up, washing and showering is fine.
- Avoid activities that cause facial flushing on the day of treatment including: consuming alcohol, exercising, and tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs it typically resolves within 7–10 days. After treatment, oral and/or topical Arnica Montana may help reduce bruising and swelling.
- If 2–4 weeks after treatment you feel that you require a touch-up, please contact us.