

## **POST-FILLER INSTRUCTIONS**

Congratulations on your treatment! I use hyaluronic acid temporary fillers as hyaluronic acid is in our bodies and approximately ninety percent of it is in our skin. It helps provide the tautness of our skin by pulling in many times it's weight in water. Thus, your body will not see it as a foreign substance and attack it. Additionally, it has the benefit of being quite malleable which allows me to sculpt and contour it to your face.

I wanted to reiterate some salient post-injection instructions:

1) The morning after and the first several days after are when you look the most swollen and bruising may set in. Although I always avoid major vessels there are always little capillaries that are affected and may result in some bruising or swelling. Please expect this. It is also important to note that filler is used to replace the fat, collagen, muscle, and bone that atrophy as we age which creates an empty space. When I "fill" that empty space it is normal to feel it under the skin as you now have that volume back. You and others will not see "lumps and bumps", but you will definitely feel something firm in an area that had filler added to it. Just like any empty container, when you add volume to that container, you will feel something in there. So please expect this as part of having realistic expectations. Ice and the Arnica Montana pellets, and cream or gel as detailed below are what I recommend for bruising and/or swelling. There are no restrictions on putting cover up cream or foundation/make up on, so apply all that you need. You may also resume your normal skin care routine this evening.

2) You will constantly be looking at yourself, (I do this when I receive filler in my own face), and that is perfectly natural. Keep in mind if there is some swelling and bruising you will be panicky at times wondering how it will turn out. Rest assured, the swelling and bruising will resolve, and the final look will be incredible. I always tell my patients to give it a full two weeks to get that "wow" factor.

3) For swelling/bruising, I recommend the following:

I will sometimes prescribe a Medrol Dose pack which is a rapid taper of corticosteroids (i.e., like prednisone) over several days to those who I think will significantly swell. This typically will help the swelling go down more rapidly than ice alone. I recommend taking the steroids on a full stomach. You may take acetaminophen (Tylenol) for any pain while on steroids but do not take ibuprofen (Advil, Motrin) or naproxen (Aleve) while on steroids. As will be explained below, for those sensitive to steroids or who do not need steroids, I will recommend ibuprofen or naproxen for minor swelling and pain. Although I instruct you not to take ibuprofen or naproxen for at least 48 hours before your injection as they thin the blood and make it easier to bruise, once the procedure is completed, you may take them for pain and/or swelling.

Arnica Montana is a natural, homeopathic remedy which has been shown to reduce bruising and swelling from trauma without side effects or interactions with other medications. Specifically, Helenalin, the main component of the Leopard's Bane perennial mountain daisy, decreases production of inflammatory mediators at the genetic level that cause bruising and swelling. It is thus used to treat surgical or accidental trauma, bruises, sprains, and muscle aches.

The brand "Boiron" contains both pellets and an "Arnicare" cream or gel. Purchase the "Boiron" brand Arnica Montana Pellets in a

concentration of 12 C, 30 C, or 200 C . Both may be purchased at my Rye office. I also have a supplement website that has an independent third party ensure the purity, potency, and efficacy of supplements. Given that there is no regulation of supplements in the US, I have my own website which you may access at [www.DSSOrders.com/DrMessenger](http://www.DSSOrders.com/DrMessenger). On this website you will be prompted to enter a registration code which is AM366. Finally, it is available at health food stores such as Whole Foods, Vitamin Shoppe or GNC but I cannot guarantee the quality at those locations. I recommend using both the pellets (5 pellets under the tongue three times daily starting three days before the procedure and continuing for three days after the procedure or until any bruising or swelling is gone), and the Arnicare cream or gel (apply to the area to be injected three times daily starting three days before the procedure and continuing for three days after the procedure or until any bruising or swelling is gone).

The topical Arnica Montana cream or gel (the popular brand made by Boiron is “Arnicare”) and the pellets are also nice to keep around the house in case you or your family and friends experience an injury or require surgery. Arnica is a safe and natural way to facilitate the healing process. You can also keep them around for any future procedures you may have. You may take them with steroids, ibuprofen, naproxen, or acetaminophen (Tylenol) as they will only help those products work more effectively.

4) If you are having filler added under your eyes, purchase a freezable gel mask that can be frozen yet conforms to your face and has eye holes. This way you can wear it around the house as you go about your day. Local pharmacies and Amazon.com may both have these.

Purchase two or more of these masks so you can alternate putting one in the freezer while you are wearing the other. It is reusable so you may keep it for future treatments.

5) If you cannot obtain the gel mask, you may apply small form fitting ice packs or frozen peas to the area for 15 minutes on and 15 minutes off for 1 hour. Keep a thin piece of Kleenex over your skin so you don't get frostbite. You can do this up to 4-5 times a day if needed.

Keep applying the Arnica Montana cream THREE TIMES daily and take the Arnica Montana tablets/pellets under your tongue THREE times daily for an additional three days. I call this the "rule of threes" to make it easier to remember.

6) Finally, if you are not placed on a steroid dose pack but experience swelling, I recommend you take 2 Aleve pills twice daily ON A FULL STOMACH (to prevent gastric irritation or bleeding). If you do not have Aleve, you can take three (3) 200mg tablets of ibuprofen (Motrin and Advil are the popular brand names) every 6 hours ON A FULL STOMACH. This, in addition to ice), will help with any minor pain or swelling. If you have history of ulcers, a bleeding disorder or kidney disease, do not take Aleve (naproxen sodium) or Ibuprofen (Advil, Motrin). Instead, I recommend taking two (2) 500 mg Tylenol (the generic is called acetaminophen) capsules every 6 hours (NOT TO EXCEED 4,000 MG IN A 24 HOUR PERIOD AS IT CAN HARM YOUR LIVER. DO NOT TAKE ALCOHOL WHILE TAKING TYLENOL/ACETAMINOPHEN).

If the swelling continues (as it can if we do some invasive work where I fill in the large areas of volume loss), you may take a 12 Hour Sudafed tablet. Take Sudafed during the day as it can keep you up if you take it at night. Please not DO NOT take Sudafed if you suffer from high blood pressure, are prone to palpitations (rapid heart rate) or glaucoma (elevated eye pressure). Note that Sudafed is over the counter, but you must ask for it as people have been using/abusing it to make methamphetamines. The pharmacy will get it for you behind the counter and you must show them your driver's license (but you do not

require a prescription). You may take the Sudafed if you are on the steroids, ibuprofen, naproxen, or acetaminophen. Typically, you will not need it for more than two days.

7) Since I layered everything on top of the bone and sculpted it in, those areas will be tender as the outer bone, (called the periosteum), has numerous nerve endings. It is expected to have some tenderness in the injection area for the next several days. Take Aleve, ibuprofen (Advil or Motrin) or Tylenol as mentioned above.

8) You now have the volume back that is approximately what you had 5-8 years ago (look at old pictures and you will see what I mean). Thus, for the first week, every time you smile or chew you can expect to notice it there by feeling some tightness and lumps. That is normal as your body has adjusted to the fact that there was empty space there for years, and now it must readjust to the way things were when you were younger. There is now mass in your face, and you will feel that as lumps, bumps, or fullness/tightness but the important thing is that others will not be able to see it. Rest assured, I was conservative as I needed your treatment to be in harmony with the rest of your face and cheeks. My rule of thumb is to go conservative as you can always add more later if needed. That way you save money and get the results you need and don't have to deal with the uncomfortable feeling of being "overdone".

Typically, hyaluronic acid filler lasts 6-12 months and the goal is to lay down the foundation (which we did) and then "top off the tank" to maintain your improvement down the road when the product is digested by your body. You will know when that time comes as it varies based on an individual's metabolism. We lose approximately one milliliter of soft tissue/volume per year beginning in our thirties. Thus,

you will continue to age, but if you stay on top of your maintenance, you will age gracefully.

9) You may resume face washing, your usual skin care regimen and makeup/cover up the same day as the procedure. There are no restrictions apart from waiting at least one week (preferably two weeks), after receiving filler before taking an airline flight. This is recommended to prevent bruising and swelling caused by the changes in barometric pressure that may expand and contract the filler and break nearby capillaries. I recommend waiting a week before having any facials, peels, or massages.

10) I take a global approach to my treatments to harmonize the features of the face. Thus, since aging is just a loss of volume, (bone, muscle, fat, and collagen), we just replenish those areas that have lost volume. The most common areas are under the eyes, in the mid cheek area, and in the areas around the mouth (where patients can “parentheses lines,” “marionette lines,” and get a downward turn of their mouths).

11) In sum, unlike clothes or accessories, you wear your face every day and the best appearance to wear is a natural, youthful appearance. Hence, fixing the volume loss and then periodically topping those areas off for maintenance can really keep that youthful glow and prevent fine lines, furrows and sagging caused by that volume loss from progressing to the point where surgery is needed. Call the office with any questions.

I know the first few days after a procedure are the scariest so stay away from the 10 X mirrors and know in 2 weeks people will be wondering what you did to look so good.

Finally, please note perfection is not possible, only improvement is.

Our faces naturally have asymmetry that will no doubt be present to some extent after the correction. Enjoy the natural improvement and do not drive yourself into an anxious frenzy analyzing and trying to correct every little imperfection. Your expectations must be realistic as you heard me emphasize many times during the appointment. If you choose to receive additional syringes of fillers, you will be financially responsible for the additional charges

I do make it a point to be conservative and mention that we can always add more if needed. However, it is my duty as your physician to look after your best interests and you may rest assured that I will never inject you when I feel you do not need additional filler, Dysport or Botox. I look forward to a long, productive physician-patient relationship.

Sincerely,

Adam J. Messenger, M.D.