

SOUTHWEST SKIN SPECIALISTS

SOFT TISSUE AUGMENTATION: PREPARATION

CHECK YOUR APPOINTMENT TIME. Keep in mind that the treatment can result in swelling and bruising. This is most pronounced with Restylane treatment for lip augmentation but is a possibility with any filler procedure (see Aftercare section). ***If you need to reschedule your filler treatment session, please contact our appointment staff as soon as possible,*** as a courtesy to your physician and to other patients.

TO OPTIMIZE COMFORT AND MINIMIZE THE RISK OF BRUISING:

- **AVOID aspirin, fish oil (omega-3 fatty acids) and ingestion of large amounts of fish one week prior to your treatment.** During this time, also avoid supplemental garlic pills, vitamin E, flax seed oil, St. John's Wort, ibuprofen (Advil®, Motrin®) and naproxen (Naprosyn®, Aleve®) and nuts.
- **60 minutes before your appointment, apply numbing cream:** after cleansing the skin with soap and water, apply the cream as a thick layer — like shaving cream. For optimal results, a Tegaderm® (tape) dressing or plastic wrap (e.g. Saran® wrap) can be applied over the cream. You may wipe off the visible cream prior to coming to the office.
 - ___ Prescription: EMLA® or generic lidocaine/prilocaine
 - ___ No prescription needed: LMX 4® or LMX 5®
- *If you are prone to cold sores (recurrent herpes simplex viral infections), begin taking your antiviral medication **on the morning of your procedure** (e.g., Valtrex®, Famvir®, Zovirax® or acyclovir). Like other procedures involving facial skin, soft tissue augmentation can trigger a flare of your cold sores.*
 - Valtrex® 500 mg. — take one tablet 2 times a day for 5 days
 - Famvir® 500 mg. — take one tablet 2 times a day for 5 days
 - Zovirax® (acyclovir) 400 mg. — take one tablet 3 times a day for 5 days
- *If you need to take antibiotics prior to dental procedures (e.g. due to mitral valve prolapse, artificial heart valve, etc.), take your antibiotics **on the day of your procedure.***
 - Amoxicillin 500 mg. — take 4 pills one hour prior to your procedure
 - Zithromax® 250 mg. — take 2 pills one hour prior to your procedure
 - Keflex® (cephalexin) 500 mg. — take 4 pills one hour prior to your procedure and 1 pill six hours later (6 hours after the initial dose)

Please feel free to contact our staff with any questions regarding your care.

See next page for "Aftercare" Instructions.

AFTERCARE

- Immediately after the treatment, there may be redness or bruising, swelling, tenderness and/or itching in the treated area. This is a normal result of the injection. The inconvenience is temporary and generally disappears in a few days. If symptoms persist longer than a week or if other reactions occur, please contact your physician.

Lips: the initial swelling may last longer and is most noticeable on the day of the procedure and the day after. Some patients experience swelling for about a week and the lips can look slightly uneven during this time. The result directly after the treatment should not be seen as the final result. Lips may be sore for a few days after treatment.

- **Minimize movement of the treated areas in the 6 hours after treatment.** However, if there is a visible bump, firmly massage the area, even if it is within the 6 hours after treatment. Sunscreen and make-up can be applied, and the area can be gently washed with soap and water.
- **Apply ice packs (gently)** periodically to reduce swelling. It is fine to take pain medications after treatment, including acetaminophen (Tylenol®) and/or ibuprofen (Advil®, Motrin®).
- **48 hours after treatment:** avoid drinking alcohol and exercising (which may result in bruising); until the initial swelling and redness have resolved. Do not expose the treated area to intense heat (e.g. sunbathing, tanning booth, sauna, hot wax) and avoid facials.
- If you were given a cortisone ointment or cream, apply it to the treated areas twice a day for 2 days (tonight, tomorrow morning and tomorrow night).
- *If you are prone to “cold sores,”* continue your medication for 5 days.

The initial treatment series may take 2 to 3 treatments to achieve the desired correction. After the first treatment, the swelling resolves and the collagen and/or hyaluronic acid filler becomes more compact and “settles” in the skin. Most patients undergo a second treatment 3 to 8 weeks after the first treatment.

Once optimal cosmetic results have been achieved, “touch-up” treatments are performed to maintain the correction, (typically 3-6 months later for collagen, and 4-8 months later for Restylane® or Juvederm®). For most people, maintenance sessions require less filling material than the original treatment series.

The body has its own natural system for absorbing hyaluronic acid and collagen. This means that your body will eventually absorb the products, and the correction does not last forever. Follow-up treatment helps replenish the desired degree of correction and optimizes your cosmetic results.

Howard Lubner, M.D. • Miriam Cummings, M.D. • Joseph Giancola, M.D. • Amanda Rainwater, M.D.

Julie Salmon, M.D. • Benjamin LeSueur, M.D. • Neel Patel, M.D. • Shannon Heck, M.D.

Christina Kranc, M.D. • Adam Lubner, M.D. • Ramin Fathi, M.D.

David Glembocki, M.D. - Dermatopathologist

11130 North Tatum Boulevard, Suite #100, Phoenix, AZ 85028

10200 North 92nd Street, Suite #205, Scottsdale, AZ 85258

4400 North 32nd Street Suite #140, Scottsdale, AZ 85018

(602) 494-1817