

Pre-Treatment with Antihistamines in Aesthetic Soft Tissue Facial Augmentation

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INTRODUCTION: Aesthetic soft tissue facial augmentation using neuromodulators and dermal fillers has become ubiquitous in the United States, accounting for over 8 million minimally invasive procedures performed in 2013.¹ Despite high rates of satisfaction,² these facial rejuvenation procedures are not without complications, including pain, edema and erythema post-treatment.³ We present a pre-treatment regimen using either topical or oral antihistamines that decrease edema, erythema and pain.

MATERIALS AND METHODS: Long-term patients of a single plastic surgeon were instructed to take a second-generation antihistamine prior to injection of dermal filler or botulinum toxin injection. A topical cream containing benzocaine 20%, lidocaine 6%, tetracaine 4% (BLT) with special formulation including diphenhydramine 2% was applied topically to areas being treated 30 minutes prior to injection. Patients reported subjective findings regarding facial edema and redness following the procedure and within 3 days post-treatment.

RESULTS: Patients receiving the antihistamine pre-treatment reported subjective improvement in post-treatment facial edema and erythema when compared to past experiences.

CONCLUSION: Pre-treatment with oral or topical antihistamines prior to minimally invasive aesthetic soft tissue facial augmentation subjectively improves post-treatment edema and erythema and should be considered in patients undergoing treatment.

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