

DERMAL FILLER PRE AND POST CARE INSTRUCTIONS

Pre-Care Instructions

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance due to the likelihood of bruising
- Avoid the use of Aspirin, Ibuprofen, Advil, Aleve, Motrin, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, Omega-3, fish oil for up to 1 week before and after your treatment as they will increase your risk of bruising
- Avoid the use of alcohol 24 hours before or after your treatment to avoid excess bruising
- You may take Arnica tablets 2-3 days before and after your treatment to reduce the risk of bruising
- Do not apply products that are potentially irritating for 1-2 days before and after treatment (examples- tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone)
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment OR take your antiviral before to prevent cold sores.
- Do not use any filler if you are pregnant or breastfeeding or are allergic to any of its ingredients. Please inform your provider if you have any questions about this prior to the day of treatment
- You may experience a mild amount of tenderness or stinging during and following injection
- Bruising and swelling are normal. Swelling can last 1-2 days. Bruising can last 1-2 weeks

Post Care Instructions

- Ice on and off, 3 times the day of treatment
- You may take Acetaminophen, Tylenol if you experience any mild tenderness or discomfort
- Do not massage treated areas after treatment unless directed otherwise
- After treatment there will be minimal swelling and possible bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising
- You may wash your face with a gentle cleanser. Make sure your hands are clean prior to touching your face.
- Use a clean mask, a clean pillowcase, and a new Chapstick, use a clean make up brush post filler
- Use SPF and avoid sun exposure to areas that have been treated until bruising and swelling have subsided
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- Avoid laser, IPL, or skin tightening treatments of the area for at least 4 weeks