



DERMAL FILLER INSTRUCTIONS

WHAT TO EXPECT:

A topical numbing cream may be used to maximize your comfort during the procedure.

You may experience a mild amount of tenderness or stinging sensation following your injection.

To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause temporary, minimal redness to your skin.

Bruising at the treatment site may occur. To minimize bruising, inform your practitioner if you use blood thinners such as aspirin, ibuprofen (Motrin, Advil), Aleve or herbal preparations (Fish/Flax Seed Oil, Omega 3's, Gingko, Ginseng, Garlic, Vitamin E) prior to your procedure. **If you have been prescribed aspirin or any prescription blood thinner, DO NOT discontinue unless permitted by your prescribing physician.

If you have a history of cold sores, ask us about pre-care instructions.

Temporary, minimal to moderate swelling may be expected relative to areas treated and the products used. Swelling usually lasts 2-5 days.

It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple of days.

It may be normal to feel "firmness" in your treated area for the first two weeks after treatment. Over time, the area will soften and "settle", leaving you with a soft, natural looking result.

POST TREATMENT:

Apply cool compresses to the areas treated as this helps reduce swelling and the potential for bruising. Apply for 10 minutes every hour.

To minimize bruising/swelling take Arnica Montana and/or Bromelain supplements which can be found at your local vitamin store.

DERMAL FILLER INSTRUCTIONS CONTINUED:

Lips: The initial swelling to the lips after treatment may last longer. Some patients experience swelling and/or bruising for up to one week and the lips may look somewhat “uneven” during this time. After the swelling has subsided, you will be able to see the true results.

You may begin wearing makeup once you have adequately cooled/iced the areas. Mineral makeup is recommended.

DO NOT RUB OR MASSAGE the treated area for several days. When cleansing you face or applying makeup, use gentle, sweeping motions to avoid excessive mobility of the area.

Avoid drinking alcohol for a minimum of 12 hours as this may contribute to swelling and/or bruising.

Avoid strenuous exercise for the 48 hours after treatment.

Avoid extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher to the treated areas.

We recommend that you wait a minimum of 2 weeks before receiving any skincare treatments, laser treatments, dental work or massages.