

PRE-TREATMENT INSTRUCTIONS

It is prudent to follow some simple guidelines before treatment to help reduce some possible side effects associated with the injections; this can make all the difference between a fair result and a great result. We realize that this is not always possible; however, minimizing these risks is always desirable.

- AVOID alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood increasing the risk of bruising).
- AVOID anti-inflammatory/blood thinning medications ideally for a period of 2 weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginko Biloba, St. John's Wart, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood-thinning medications and can increase the risk of bruising/swelling after injections.
- Schedule the dermal filler appointment at least 2-4 weeks prior to any special event which may be occurring: i.e., wedding, vacation, etc.

POST-TREATMENT INSTRUCTIONS

Immediately after the treatment, there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injection. The inconvenience is temporary and generally disappears in a day or two. If the inconvenience continues, or if other reactions occur please contact us.

- Cold compresses may be used immediately after treatment to reduce swelling.
- Avoid touching the treated area during the 6 hours following treatment so you do not accidentally injure your skin while numb and to reduce risk of infection
- Until any redness or swelling goes away avoid exposure of the treated area to intense heat.
- You may experience bruising and swelling that may last for 5-14 days.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Speak to your healthcare professional about medications that may minimize an outbreak,
- Avoid taking aspirin, non-steroidal anti-inflammatory medications for one week after treatment. These can increase bruising and bleeding at the injection site.
- Avoid makeup for 6 hours however 24 preferably to avoid any risk of infection and migration of product
- No straining, heavy lifting, saunas, or vigorous exercise for 6-8 hours following treatment because we don't want to increase circulation to that area
- Do NOT lie down for 6-8 hours after treatment. This is to avoid the risk of pressure on the treated areas (from your pillow) and to avoid the risk of having the area rubbed accidentally
- Avoid alcohol for 72hrs following treatment as this can increase bruising and swelling to treated area