

Pre and Post Treatment Instructions for Dermal Fillers

Pre-treatment Instructions:

- Begin taking Arnica Montana pellets (strength 12C) three (3) days prior to injections and continue taking them for five (5) additional days or as long as needed for bruising and/or swelling.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- If you have a history of herpes and have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Contact us before your treatment about medications that may minimize a recurrence.
- Reschedule if you have a cold, blemish or rash on your face before treatment.
- If you have a special event or vacation coming up, schedule your treatment at least two (2) weeks in advance to allow for any bruising or swelling to resolve.
- DO NOT USE Aspirin, Motrin or any other non-steroidal anti-inflammatory medications, St. John's Wort, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, high doses of Vitamin E, or any other essential fatty acids at least one (1) week before or after treatment.

Post- treatment Instructions:

- DO NOT TOUCH, press, rub or manipulate the implanted/injected areas for six (6) hours after treatment. You can cause irritation, sores, and/or problems and possible migration or scarring if you do.
- AVOID – vigorous exercise, sun /heat exposure for three (3) days after treatment.
- AVOID – alcohol, caffeine, Niacin supplement, high sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), and cigarettes for 24-48 hours after treatment (CAUSES ADDITIONAL SWELLING).
- DO schedule a two (2) week follow up appointment.
- After treatment, you may have some redness and/or swelling. This will normally last less than seven (7) days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond seven (7) days or if other reactions or side effects occur, please contact our office.
- Sunbathing and cold outdoor activities should be AVOIDED until any redness or swelling disappears.
- It is best to wear no makeup or lipstick until the next day. Earlier use can cause breakouts.
- One side may heal or show results faster than the other. Reserve judgment about results until you meet with your injector or at least two (2) weeks has passed.
- You must wait two (2) weeks before retreating or correction.
- Schedule a follow up treatment BEFORE the product fully dissipates will maintain your refreshed appearance. Please be sure to consult your cosmetic injector about recommendations for touch up or follow up treatments.