

Dermal Filler Aesthetic Instructions

Your procedures will go more smoothly with faster healing time, less bruising and better results if you adhere to some simple guidelines.

BEFORE CARE: PRE DERMAL FILLER TREATMENT

Medications to Discontinue 7 days Before Treatment to Reduce Bruising:

- **Fish Oil**
- Aspirin (*if this was prescribed by a physician, please consult the prescribing physician before discontinuing use.)
- Pain Relievers (Tylenol okay)
- Coumadin (get primary physician approval first)
- Glucosamine
- Ginkgo Biloba
- Vitamin E
- Exotic or Herbal Supplements
- Have you ever had a cold sore? Ask us about pre-care instructions.

Have water and a little something to eat before arriving. We suggest you not eat right after treatments around the mouth – letting the product “settle” a few hours will give you the best results.

AFTER CARE: POST DERMAL FILLER TREATMENT

- Note: no alcohol for 24 hours after treatment
- No increased blood pressure (i.e. sauna, hot tub, exercise, cardio) for 4 hours post treatment (*Helps prevent bruising*)
- Avoid excessive facial expressions and strenuous exercise for 4 hours after your treatment. (*This helps the product to “settle” without disturbing the location where it was injected.*)
- Do not rub or massage the area for 24 hours unless instructed to do so (*Sculptra patients will receive instructions for massage*)
- Redness and swelling may last for 1-2 days
- There is a risk of bruising which is only temporary and can be covered up with make-up

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.