



Recommended Pre & Post Care for Dermal Filler Treatments

For best results please follow these instructions

BEFORE YOUR APPOINTMENT

- Avoid aspirin, ibuprofen, vitamin E and alcohol for 7 days before treatment.
- You may wish to use over-the-counter naturopathic treatments such as arnica to prevent bruising.
- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood-thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo Biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood-thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of light-headedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area.
- Pre-treatment photos will be taken.
- The treatment areas will be wiped with alcohol or chlorhexidine.

AFTER YOUR APPOINTMENT

- When filler containing anesthetic is used, the anesthetic effect may last for 2-3 hours.
- Anesthetic may cause some temporary swelling where injected, but this will clear over a few hours.
- Pinpoint bleeding may occur and will resolve quickly.
- Any immediate redness will subside within an hour and maybe covered with makeup.

Phone

226-909-3590

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- Rarely, patients may develop mild bruising and or sensitivity around the injection site. This will resolve within 7-10 days after treatment. Apply cold compresses as desired.
- Do NOT manipulate the treated area for 3 hours following treatment. Do NOT receive facial/ laser treatments or microdermabrasion after injections for at least 10 days. Ask your provider if you are not sure about the time frame of certain services.
- Some providers believe that smiling and frowning right after Botox treatments helps the Botox find its way to the muscle into which it was injected after treated.
- Do NOT lie down for 4 hours after your treatment. This will prevent the Botox from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will keep the Botox in the injected area and not elsewhere

WHAT TO EXPECT

- The injection sites may be tender and appear puffy for up to 7-10 days.
- You will have a follow-up assessment 2 weeks post-treatment.
- The injected area may feel lumpy for to a week after injection, if prolonged lumps occur, the clinic would like to see you for follow-up.
- If you experience any prolonged symptoms or an increase in discomfort or swelling the clinic would like to see you for immediate follow-up.
- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.

For emergencies ONLY please contact 519-270-0833
For any other issue please call the clinic at 226-909-3590