

## **BellaFill® Pre & Post Care Instructions**

### *Pre-Treatment Instructions:*

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your appointment **at least 2 weeks** in advance.
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week prior to and after treatment to minimize bruising and/or bleeding. Please consult with your Primary Physician before discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling and/or irritation.
- If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pre-treated with a medication prior to the injection treatments around or near the oral area. The medication should be initiated 3 days prior to your treatment visit. Please consult with your Primary Physician to obtain this medication.
- If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment we recommend that you please reschedule your appointment until it resolves.
- It is recommended that you discontinue the use of Retin-A 2-3 days prior to any treatment to avoid increased redness and irritation.

### *Post-Treatment Instructions:*

- Swelling, redness, and tenderness may occur after your treatment and usually resolves within 72 hours.
- Cold compresses may be used immediately after treatment to reduce swelling and any discomfort.
- Avoid touching the treated area within 6 hours of treatment so you do not accidentally injure your skin. After that, the area can be gently washed with soap and water. Do not massage the injected areas for 48 hours unless instructed to do so by one of our team members.
- Until redness or swelling subsides completely, avoid exposure of the treated area to intense heat (sun lamp or sun bathing) or extreme cold weather.
- If you have suffered previously from facial cold sores, there is a risk that the needle punctures could contribute to another occurrence. Ask your treatment provider about medications that may minimize a recurrence.
- Avoid obtaining any vaccination, dental cleaning, dental work, lesion excision or biopsy, surgery of any kind, internal device placement, tattoo or permanent makeup in the area for 2 weeks following the procedure.
- Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bruising and/or bleeding.
- One side may heal faster than the other side.
- Avoid aesthetic lasers, microdermabrasion, or IPL over areas with BellaFill® injectable for a minimum of 6 weeks after treatment unless advised to by one of our professionals.
- Please report to our office staff if you have increased pain, fever, swelling, redness, blisters, or itching following your treatment.