

Dermal Filler 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

- Do NOT touch, press, rub, or manipulate the injected area(s) for 6 hours after treatment. This can cause irritation, sores or possible scarring.
- Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
- 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.
- Avoid alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling and/or irritation.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
- Try to avoid wearing makeup or lipstick for 24 hours after your treatment.
- You may ice treat the areas for the next 24 hours. Place an icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue over the next 24 hours.
- One side may heal faster than the other side.
- Please report to our office staff if you have increased pain, fever, swelling, redness, blisters, or itching following your treatment.