



DERMAL FILLERS PRE & POST-TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- 3 DAYS BEFORE TREATMENT: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any “anti-aging” products. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- 7 DAYS BEFORE TREATMENT (to prevent bruising): AVOID blood thinning over-the-counter medications such as Aspirin and Ibuprofen. Also avoid herbal supplements, such as Garlic, Vitamin E
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising. Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- Do not use Dermal Fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.
- Please inform your provider if you have any questions about this prior to the treatment.

DAY OF TREATMENT

- Arrive to the office with a “clean face”. Please do not wear makeup. You may bring your own makeup to apply after your treatment
- To maximize your comfort during the procedure, a topical anaesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.
- You may experience a mild amount of tenderness or a stinging sensation following injection.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.

IMMEDIATELY AFTER TREATMENT

- Redness and swelling are normal. Bruising may also be visible.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.

- Depending upon the area(s) treated and product(s) used, you may feel “firmness” in the treated area(s) for 1 to 2 weeks after treatment. Over time, the area(s) will soften and “settle”.

POST – TREATMENT INSTRUCTIONS

- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.
- AVOID placing excessive pressure on the treated area(s) for the first few hours and up to 2 to 3 days; when cleansing your face or applying makeup, be very gentle.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Analgesic if you experience any mild tenderness or discomfort.
- AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply a SPF 30 or higher sunscreen.
- Wait a minimum of four weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- If you experience significant bruising following your treatment, it will generally fade in 5 - 14 days.

After treatment, if you have any questions, concerns or experience any problems, please contact our clinic at 9871217300, 0124-6614282