

## Dermal Filler

### PRE-CARE

- Don't schedule any invasive procedures for 2 weeks before or after treatment. These include but are not limited to:
  - Dental cleaning or dental work (for lip filler).
  - Surgery or medical procedures of any kind.
  - Tattoo or permanent makeup
- It is recommended to discontinue the use of Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling 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 pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.
- If you develop a cold sore, acne breakout, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- Discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.

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### POST-CARE

- Do NOT, touch, press, rub, or manipulate the implanted areas 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 submerging head under water for a full 24 hours after treatment; this includes pools, beach, bathtub, hot tub, etc.
- 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 bleeding and bruising.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials, or micro-dermabrasion for 2 weeks after treatment.
- Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face and Alastin Inhance for the lips.
- Please report if you have increased pain, swelling, redness or discoloration of the treatment area.