

PRE AND POST INSTRUCTIONS FOR DERMAL FILLERS

In order to minimize the risk of possible side effects and complications of injections please follow these simple steps:

Pre-Treatment Instructions

- Do not consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and dilute the blood vessel which will increase the risk of bruising).
- Avoid anti-inflammatory/blood thinning medications for a period of 3-5 days before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, garlic, feverfew, 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 Dermal Filler appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or vacation. Also, temporary bruising and/or swelling may be apparent in that time period.
- Reschedule you appointment at least 24 hours in advance if you have a cold sore, blemish, or rash, on your face.
- If you have a history of cold sores, obtain a prescription from your physician for antiviral medication. This medication should be used 1 day prior to and 2 days after your treatment.
- Be sure to have a good breakfast, including food and drink, before your procedure. This will decrease the chances of lightheadedness during your treatment.
- Makeup can be applied before leaving the office. Retin-A, Glycolic acid, Vitamin C and Vitamin C cream should not be used in the treated areas for 24 hours after treatment.

Post-Treatment Instructions-Dermal Filler (BELOTERO BALANCE®, JUVÉDERM®, JUVÉDERM® ULTRA XC, JUVÉDERM® ULTRA PLUS XC, Voluma, and/or RADIESSE®)

For 24 hours after treatment

- Avoid massage of the treated area.
- Avoid strenuous exercise.
- Avoid extensive sun or heat exposure.
- Avoid consuming alcoholic beverages for 24 hours after treatment.
- If you have swelling, you can apply an ice pack for no more than 15 minutes, once an hour.
- Use Tylenol for discomfort.
- No exfoliation for 1 week. (Microdermabrasion & Chemical Peels)
- Avoid touching or manipulating the treated area for 6 hours following treatment. After 6 hours, the area can be gently washed. If these treatments are desired they should be performed prior to the Dermal Fillers treatment.
- Patients must wait the following times before receiving the facial treatments listed below:
- Patients must wait 4 weeks before Laser therapy.
- Patients must wait 2 weeks before Microdermabrasion/Peel treatments.
- Patients must wait 8 weeks before eMatrix™ treatments.
- Discontinue Tretinoc Acid (Retin-A, Renova, Obagi Retinol) 2 days before & 2 days after treatment.
- Avoid sleeping face down, on sides, or on your stomach for 7 days following treatment or use a soft pillow.
- It is normal to feel "firmness" in your injection area for the first few days after treatment. Over time, the area will soften , leaving you with a natural looking result.

I certify that I have been counseled in the pre and post treatment instructions and have been given a copy of these written instructions. I have read and understand the instructions and realize to obtain optimum results I must follow these instructions diligently.

Client/Guardian Signature _____ **Date** _____

Staff Signature _____ **Date** _____