

Pre/Post Instructions Dermal Filler Treatments

- ü 10-14 days prior to treatment, stop using the following blood thinning medications or supplements to help minimize bruising at the treatment sites: aspirin, ibuprofen (i.e., Aleve®, Advil®) or herbal preparations (Fish/Flax seed oil/Omega 3's, Ginko, Ginseng, Garlic, Vitamin E, Tumeric, Curcumin)
- ü Avoid dental procedures or immunizations two weeks before or after your dermal filler treatment.
- ü Local numbing medication in the form of a topical cream or through small injections may be used to maximize your comfort during the procedure.
- ü To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- ü Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- ü It can be normal to experience some tenderness or soreness at the treatment site/s that can last for a few hours or, at times, a few days.
- ü It may be normal to feel some "firmness" in your treated area/s for the first few days after treatment. This, again, may depend upon the area/s treated and product/s used. Over time, the area/s will soften and "settle", leaving you with soft, natural looking results.

POST-TREATMENT INSTRUCTIONS

- ü If instructed by your provider, apply cool compresses with clean hands to the area/s treated as this may help reduce swelling and the potential for bruising (avoid pressure and ice/frozen packs directly on the skin). You will be provided with a gel pack/gauze to assist with this cooling before leaving the office. Wrap the soft gauze around the gel pack.
- ü You may take acetaminophen/Tylenol® if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products noted above, as they may increase your potential for bruising.
- ü Avoid any makeup or skincare products to the treatment area/s for a minimum of 12-24 hours.
- ü Do not rub/massage the treated area/s on day of treatment. After cleansing your face or applying make-up (after 12 hour minimum), use gentle, sweeping motions to avoid excessive mobility of the area/s. Avoid Clarisonic® for 3 days.
- ü AVOID excessive movement of the treated area/s for the first few hours, and up to 2-3 days.
- ü AVOID strenuous exercise or activity on the day of treatment, and for a minimum of 12 hours. You may resume other normal activities/routines immediately, or as directed by your practitioner.
- ü AVOID drinking alcohol for a minimum of 12 hours, as this may contribute to bruising and/or swelling.
- ü **AVOID dental procedures/teeth cleaning for 2 weeks to help avoid risk of infection or displacement of product.**
- ü **AVOID air travel for a minimum of 24 hours following treatment, or longer, if directed by your provider.**
- ü AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s after 12 hours. Your practitioner will discuss any other skin care product/s to avoid.
- ü We recommend you wait a minimum of **2 weeks** before receiving any skincare, laser treatments or any additional treatments that may manipulate the area/s of treatment (i.e., massage, chiropractor, acupuncture)
- ü **Call our office promptly if you experience ANY of the following: Increasing pain, swelling, significant bruising/darkening or grey appearance to the skin or surrounding treatment area, OR any other areas on your face. Also contact us with any notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5 F, or ANY other concerns you may have until your next appointment.**

Enjoy your new look and remember that your satisfaction is our goal. Please feel free to call our office at 414.964.1111 or email us: Info@ReFreshAestheticCenter.com to speak with your practitioner about any questions or concerns.