



Allura Skin, Laser, & Wellness Clinic

DERMAL FILLER PRE AND POST INSTRUCTIONS

To obtain the best results possible, please follow the guidelines below:

Pre-Treatment Checklist

PRIOR to your dermal filler treatment:

- One week before your treatment, please **DO NOT** take **any Non-Steroidal Inflammatories (includes Aspirin, Ibuprofen), Vitamins, Supplements, Fish Oil or Flax Oil.**
- No dental work 2 weeks prior to or after dermal filler treatment.
- Avoid chemical peels for 1 to 2 weeks prior to your dermal filler treatment.
- **NO vaccines of any kind** 2 weeks prior to or after dermal filler treatment.
- No flying within 24 hours of having filler.
- No filler if you are currently ill.
- **If you have previously suffered from cold sores or shingles, there is a risk of recurrence.** Please inform your provider if you have had previous cold sores because a medication can be prescribed to avoid further recurrence.

Post-Treatment Checklist

AFTER your dermal treatment:

- Immediately after the treatment, the most commonly reported side effects are temporary redness, swelling, bruising, and discomfort at the injection sites. These effects typically resolve within **two to three days**. Cold compresses may be used immediately after the treatment to reduce swelling.
- Avoid touching the treated area or applying makeup within **six hours** following treatment. After that, the area can be gently washed with soap and water.
- Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun lamps, sun bathing).
- Avoid taking **any Non-Steroidal Inflammatories (includes Aspirin Ibuprofen), Vitamins, Supplements, Fish Oil or Flax Oil** for one week after treatment as these agents may increase bruising and bleeding at the injection site.
- Avoid **strenuous exercise and alcohol for six hours** post-treatment to avoid bruising.