



Dermal Filler Pre and Post Instructions

<PersonalInfo.FullName>

<PersonalInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period depending on treatment level and skin response

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.

- PREPARING FOR YOUR TREATMENT -

For **24-48 hours** before treatment, eliminate or limit high sodium foods, high sugar foods, refined carbs, caffeine, alcohol, cigarettes.

Stop all exfoliating skin care products 1 week prior to your treatment. This includes retinols and exfoliating cleansers/pads.

Avoid Treatments that may irritate the skin, 1-2 weeks prior. This includes waxing, depilatories etc.

Verify your pharmacy is current, **pick-up your prescriptions and follow the instructions provided:**

Acyclovir (antiviral/for those with a history of cold sores)- **begin 2 days prior to treatment.**

*Depending on area being treated, medications may not apply to you.

***Do NOT take Aspirin, Vitamin E or products containing fish oil for 1 week prior your treatment.**

Item Checklist

*HA5 Hydra Collagen & TNS Advanced Serum available for purchase
Gentle Cleanser
Sunblock (SPF 50+)

- THE DAY OF YOUR PROCEDURE -

AFTER TREATMENT IS COMPLETED

- **Temporary redness and swelling at the injection site may occur. Effects typically resolve within 2-3 days.** Cold compresses may be used immediately after the treatment to reduce swelling.
- **Peak swelling 24-48 hours post injection will occur.** Bruising is rare with a cannula, however possible. If it does occur, "pin-point" bruising from the initial injection poke can be covered up with makeup after 24 hours.
- **Avoid touching the treated area for 6 hours following treatment,** then area can be gently washed with a gentle cleanser
- **Until the initial redness and swelling dissipates,** avoid exposure of the treated area to intense heat such as sun lamps, sun bathing, FotoFacial treatments etc.
- **Although we encourage you to resume normal activities almost immediately,** we do ask that you refrain from vigorous activities for at least 24 hours after the treatment.
- **Avoid applying pressure or laying on the area treated for 48 hours.**

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS, EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.