

## **Dermal Fillers Pre- & Post- Treatment Instructions**

### **72 Hours Pre-Treatment:**

- Oral Arnica tablets to help prevent bruising. Medical strength tablets are available for purchase.
- To reduce risk of bruising, it is best not to take any pain relievers that are blood thinners such as Aspirin, Advil, Motrin, Fish Oil, or Vitamin E.
- Avoid Caffeine and Green Tea.
- Avoid alcohol for a few days before and after treatment since it is also a blood thinner.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid the use of Alpha Hydroxy Acids higher than 10% and avoid Retinoids before and after treatment.

### **Post-Treatment:**

- Ice as much as you can for the first 3 days! 15 minutes on and 15 minutes off 5 times a day.
- Apply Arnica Gel or cream to injection sites along with oral Arnica 30c pellets (both are available for purchase). Follow directions on label.
- Recommended to use for 5 days post treatment. Recovering from fillers usually is extremely easy, and most people can resume normal activities immediately. Bruising and swelling should be expected and planned for with all filler injections. It will take time for bruises to resolve, up to 14 days. Although disappointing, it is important to understand swelling will not affect the result of the filler.
- Avoid exercise, saunas, yoga, and hot showers for 48 hours or until swelling has resolved.
- Avoid sleeping on your face, facials, massages, tight fitting hats, or objects to the face such as breathing machines, ski masks, or scuba masks.
- No Clarisonic use for 14 days.
- Do not lie down for 4 hours after treatment. This is to avoid the risk of pressure on the treated areas and to avoid the risk of having the area rubbed accidentally.

### **Lip Filler Post Treatment:**

- No Lipstick or chapstick for 48 hours unless it is BRAND NEW. The bacteria from old lip care can cause infection.
- Benadryl helps with swelling.
- Ice! 15 minutes on, 15 minutes off while awake.

**Headache pain or mild pain at the injection site** – Tylenol is usually all that is needed for relief.

**Redness and swelling** – Minor redness or swelling can occur after injections. This is usually minor and goes away quickly.

**Results** - Understand realistic results. Additional treatments require more product and have an additional expense. Fillers are gradually absorbed and don't always last as long



as desired. Allow 14 days for the filler to settle and resolve. Each filler lasts a different amount of time, depending on the area injected and the client's genetic makeup.

SEVERE PAIN, SEVERE BRUISING, SEVERE SWELLING, VISION PROBLEMS, PALE SKIN, FEVER NEEDS TO BE IMMEDIATELY EVALUATED BY THE INJECTOR FOR POSSIBLE VASCULAR OCCLUSION, INFECTION OR ALLERGIC REACTION FOR EMERGENCY DISSOLVING. \*\*SOME ER'S DO NOT HAVE THIS MEDICINE, KNOW WHAT IT IS OR KNOW WHERE TO INJECT IT. WE HAVE A VASCULAR ULTRASOUND AT THE MED SPA. DR ADAMS AND TEAM ARE HIGHLY SKILLED, EDUCATED AND TRAINED. ASHLEY IS A NATIONAL TRAINER FOR FILLER INJECTIONS. MORE REASON TO CHOOSE YOUR INJECTOR WISELY

**CALL, EMAIL AND MESSAGE The Med Spa for any concerns IMMEDIATELY, Dr Adams or a member of the staff will address your problem.**