



## DERMAL FILLER POST CARE INSTRUCTIONS

### PRE-TREATMENT INSTRUCTIONS

- Avoid blood thinning medications or supplements such as aspirin, ibuprofen (Aleve, Advil) or fish oil/omega 3's for 7 days before treatment
- Over the counter Arnica cream or pills can be used to help prevent bruising
- Avoid alcohol for several days before treatment

### POST TREATMENT INSTRUCTIONS

- The area treated may be swollen, tender, and sore for several days after treatment.
- The area treated may feel lumpy for the first few days and over time will settle and smooth out.
- Bruising at the injection sites can be expected
- Cool compresses used on the area treated helps reduce swelling and possible bruising
- Tylenol can be taken if you experience any mild discomfort or tenderness
- Do not rub or massage the area unless instructed otherwise
- Avoid excessive movement of the area treated for the first few hours
- Over the counter arnica pills or creams can be used to help lessen any bruising
- Avoid dental procedures for 2 weeks to help reduce the risk of infection or displacement of product
- If treating the lips or around the mouth and you are prone to herpes/cold sores, please let us know and a prescription for acyclovir or Valtrex can be prescribed for you.
- Please wait a minimum of 10 days after treatment to receive any additional dermal filler treatment/touch-ups or any other facial treatments.
- If you experience any prolonged symptoms or an increase in discomfort or swelling please contact us immediately for a follow-up at 727-316-6210

