



DERMAL FILLERS

Pre And Post-Care Treatment Instructions for Optimal Results

NOT RECOMMENDED FOR THE FOLLOWING PATIENTS:

- Pregnant or breastfeeding women.
- Those with active disease states, a hemorrhagic disorder or are on anticoagulant treatments.
- Patients with diabetes, epilepsy or bell's palsy.
- Someone experiencing an active or local skin disease that may alter wound healing or someone who has an autoimmune disease.
- Patients who have had a Covid-19 or flu shot within 2 weeks.

PRE-TREATMENT PREP

7 days prior to treatment

- To combat bruising, avoid blood thinning over-the-counter medications such as Aspirin, Advil, Motrin, Ibuprofen and Aleve. Also avoid herbal supplements such as St. John's Wort, Omega-3 capsules, antihistamines, cold and cough remedies or high doses of Vitamin E supplements.

72 hours prior to treatment

- Discontinue the use of cleansing devices (e.g. Clarisonic) or any skincare containing tretinoin, retinoids, alpha-hydroxy acids (AHA), beta-hydroxy acids (BHA), benzoyl peroxide or any exfoliating agents.

24 hours prior to treatment

- Avoid prolonged sun exposure. Any sunburn to the area needs to be fully treated up to 24 hours before treatment.
- For patients prone to cold sores, an anti-viral medication must be taken 24 hours prior to treatment.

AFTERCARE SKINCARE REGIMEN

To enhance and maintain results:

1. Protect and Heal: Apply a daily antioxidant serum like SkinCeuticals C E Ferulic on a clean face every morning.
2. Brighten: Apply a brightening fluid like Arieed MD reNew Skin Brightening Cream as directed.
3. Correct: Apply a daily corrective cream such as Arieed MD reDew Intensive Hyaluronic Moisturizer as the last step in your skincare regimen before your sunscreen. Use broad-spectrum SPF 30 or above in the morning and throughout the day.

POST-TREATMENT CARE

What to expect:

- There can be temporary redness and swelling at the injection site. This will usually resolve within 3 days. Cold compresses can be used to reduce swelling. Any lumps should not be massaged in the first 72 hours as this is most likely swelling.
- Most dermal fillers can take up to 2 weeks to settle in the tissue it was placed in.

What to avoid:

- Avoid touching the treated area within 6 hours of your treatment, after which the treatment area can be gently washed with soap and water.
- Until redness and swelling have gone down, avoid exposure to intense heat (sunlamps/sunbathing).
- Avoid exercise for 72 hours and alcohol for 24 hours after your treatment.
- Do not have a flu shot for a minimum of 2 weeks after your treatment.

Follow up:

- Evidence shows that scheduling a follow up before the dermal filler product has fully dissipated can improve your results. Consult with your clinician about scheduling a follow up treatment.

WE RECOMMEND: fillers every 6 months to maintain results

If you have any questions or concerns, please do not hesitate to call our office at 203.637.0662