

PRE-TREATMENT AND POST TREATMENT INSTRUCTIONS Dermal Fillers

A few simple guidelines both pre and post treatment can make a difference between a good result and a fantastic one!

AVOID: Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to one week before and after your dermal filler.

Discontinue Retin-A three (3) days before and three (3) days after treatment.

AVOID: Alcohol, caffeine, Niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment.

AVOID Vigorous Exercise and Sun and Heat exposure for 3 days after treatment.

No make-up or lipstick until the next day. Earlier use can cause pustules.

Do **NOT** touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. You can cause irritation, sores, possible scarring, or other problems if you do.

One side may heal faster than the other side.

You must wait 2 weeks before retreating or correction.

*****PLEASE REPORT ANY REDNESS, BLISTERS, OR ITCHING IMMEDIATELY !!**

I certify that I have been counseled in post treatment instructions and have been given written instructions as well.

Patient Signature: _____ **Date:** _____