



Dermal Filler

Pre/Post Treatment Instruction

Prior to treatment

- Avoid aspirin (any product containing acetylsalicylic acid), vitamin E, St. John's wort, and other dietary supplements including ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 7 days.
- If possible, come to your appointment with a cleanly washed face without make up

After treatment

- Skin redness and swelling in the treatment area are common. This should resolve within a few days. If it persists longer than 3 days please contact your physician.
- Do not massage the treated areas on the day of treatment.
- Avoid applying heat to the treated area on the day of treatment. Avoid extreme hot temperatures for 24-48 hours post treatment. **Use SPF when outdoors.**
- Delay any facials or any invasive dermal treatments for 2 weeks after any injectables.
- Avoid activities that cause facial flushing on the day of treatment including consuming alcohol, exercising, tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for fifteen minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs it typically resolves within 7-10 days.
- After treatment oral and/or topical Amica montana may help reduce bruising and swelling.
- If 2 weeks after treatment you feel that you require a touch-up please contact our office.
- If you have any redness, any discharge, a fever of higher than 100.2 degrees or experience any other problems, please call us at (816) 554-SKIN (7546).