

Pre-Treatment Instructions for Dermal Fillers

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- Clients should not schedule any invasive procedures for 2 weeks before or after treatment with Dermal Fillers. These include but are not limited to:
 - o Dental cleaning or dental work
 - o Lesion excision or biopsy
 - o Surgery of any kind
 - o Internal device placement
 - o Tattoo or permanent makeup
- History of surgical face lift of any kind will lead to denial of treatment of dermal fillers (Restylane® Lyft and Voluma® XC) to the midface or cheek region.
- It is recommended to discontinue the use of 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 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
- If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.
- If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.
- It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

Post-Treatment Instructions for Dermal Fillers

- Do NOT, touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. This can cause irritation, sores or possible scarring.
- Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
- Avoid submerging head under water for a full 24 hours after midface treatment (Voluma® or Restylane® Lyft); this includes pools, beach, bathtub, hot tub, etc. You may still take a shower and gently wash/splash water on your face.
- Avoid dental cleaning, dental work, lesion excision or biopsy, surgery of any kind, internal device placement, tattoo or permanent makeup for 2 weeks following procedure.
- Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or micro-dermabrasion for 2 weeks after treatment.
- Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
- Please report to your Medical Professional immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
- Ice the treated areas 20 minutes on and 20 minutes off for the next 24 hours. NOTE: Never apply ice directly to the skin. Apply through a cloth.
- Please remember one side may heal faster than the other side.
- Filler may be malleable for the first 2 weeks; to keep the Filler where our Medical Professionals have placed it, sleep on your back and avoid rubbing the treated area for 2 weeks.
- It is recommended that a follow-up appointment be made for 2 weeks after the initial treatment