

PRETREATMENT INSTRUCTIONS

3-5 Days before Filler

Avoid Topical Products: Glycolic, Hydroxy, Lactic Acids, Retin-A, and bleaching/depilatory creams.

Avoid Medications that increase bleeding: (Aspirin, Ibuprofen, Advil, Aleve, NSAIDS, and Alcohol.) Herbal Products (Fish Oil/Flax Oil, Vitamins C & E, St. John's Wort, and Ginkgo Biloba).

Initiate Antiviral medication for a history of cold sores/fever blisters. Specific instructions are on the prescription provided by our office.

DAY OF TREATMENT

Prior To Arriving: One hour before your appointment, wash your face and follow the instructions on the topical cream packet provided to you from this office.

After Procedure: Cool compresses may be used for swelling and/or bruising. Apply for 5-10 minutes every 1-2 hours as needed. May take Tylenol Extra Strength for discomfort.

May Apply: Make-up, concealer and sunscreen shortly after treatment if no complications.

POST TREATMENT 3-5 DAYS AFTER FILLER

Avoid: Sun exposure and vigorous exercise for 3 days after treatment as well as steam/saunas and swimming; topical and exfoliation products as previously mentioned.

Avoid: Manipulating areas of injection.

Care: Treat skin gently. Wash with gentle cleanser and cool water using fingertips only. Pat area dry. Sunscreen and make-up may be applied immediately after treatment. Continue your antiviral medication (if prescribed).

Daily Sunscreen: Reapply every 2 hours when outdoors.

Call: It is important that you be pleased with your results. Do not hesitate to call regarding any concerns.

