

## Dermal Filler Post-Treatment Instructions

### Patient Post-Procedure Instructions:

Your Appointment Date: \_\_\_\_\_ Your Appointment Time: \_\_\_\_\_

**A few simple guidelines after your treatment can make a difference between a good result and a fantastic one.**

- Do NOT, touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. You can cause irritation, sores, and/or problems, and possible scarring if you do.
- Avoid Vigorous Exercise and Sun and Heat exposure for 3 days after treatment.
- We recommend you 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 1 week after treatment.
- We recommend you not use Retin-A or like products (*ex. Kinerase, Tazarac*) two (2) days after treatment to avoid increased irritation and redness.
- It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules. *If you must wear makeup we recommend a good quality mineral makeup.*
- We recommend you AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment.
- Please remember that one side may heal faster than other side.
- Regarding your Lips: “Don’t *Love Them* or *Hate Them* for 2 weeks.” You must wait 2 weeks before retreating or correction.

**-- Please immediately report any increased pain or increased swelling, redness, blisters, or itching should it occur following your treatment --**

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I certify that I have been counseled in treatment instructions and have been given a written copy of these instructions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_