

## POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

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

Do NOT, touch, press, rub, or manipulate the injected areas for 6 hours after treatment. You may cause irritation, sores, and/or problems, and possible scarring if you do.

Avoid vigorous exercise and sun and heat exposure for 24 hours after treatment.

We recommend you AVOID aspirin, Motrin, ginkgo biloba, garlic, flax oil, fish 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 not to wear makeup or lipstick until the next day after treatment. *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: **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.

If you are prone to getting cold sores, please inform your injector to receive a prescription for prophylactic medication to help suppress them from occurring after your treatment.

***Should any increased pain, swelling, redness, blisters, or itching occur following your treatment, immediately call our office at 805-983-1999.***