

Dermal Fillers Instructions

We want you to receive the best results from your dermal fillers treatment so please carefully read and follow these instructions for care before and after your procedure. If you have any questions, call the spa.

Disclose any condition that may have a bearing on this procedure, such as, pregnancy, recent facial peels or surgery, allergies, tendencies to cold sores and fever blisters, of these conditions or medications do not necessarily preclude you from having treatment, but your skin care specialist needs to know.

Prior to treatment if possible stop any aspirin products, St John's Wart or Vitamin E products. If you are prone to herpetic break outs (cold sores) on the lips please start taking your anti-viral medications 24 hours before your procedure.

Check In Time:

- Your check-in time is 20 minutes prior to the scheduled time for the treatment. This allows time to complete patient forms. Please contact the office if you have any questions about when to check in.
- Depending on how many areas you are interested in having treated it can be anywhere from 30 minutes to an hour and a half for your appointment.
- Dermal fillers often times can cause some swelling for up to 48 hours.
- Temporary bruising is not uncommon as well. Please do not plan any special events for several days after the procedure
- In some cases you may expect some degree of minor discomfort, irritation or redness. You can apply ice compresses every 2-3 hours for fifteen minutes the first 24 hours is very helpful with the temporary swelling and take an over-the-counter anti-histamine before bedtime to help reduce the swelling as well.
- Please avoid any excessive heat or sun exposure for the next 3-4 days.
- Avoid any excessive facial movements as well for the first 24 hours.
- Do not rub or massage your face for 24-48 hours

If you have any questions please do not hesitate to call us.