

# **POST TREATMENT INSTRUCTIONS**

## **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 implanted areas for 6 hours after treatment. You can cause irritation, sores, and/or problems, and possible scarring if you do.**

**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 after treatment.**

**AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours after your treatment**

**Avoid Vigorous Exercise and Sun and Heat exposure for 3 days after treatment.**

**Discontinue Retin-A two (2) days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.**

**One side may heal faster than other side.**

**You must wait 2 weeks before retreating or correction.**

**\*\*\*\*Please report any redness, blisters, unusual discoloration or itching immediately if it occurs after treatment.\*\*\*\***

**I certify that I have been counseled in post treatment instructions and have been given written instructions as well.**

**Patient Signature \_\_\_\_\_ Date \_\_\_\_\_**