

## Pre- and Post-Treatment Instructions: Dermal Fillers

### PRE-TREATMENT

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
- Clients should not schedule any vaccination or invasive procedures for 2 weeks before or after treatment with dermal fillers. These include but are not limited to:
  - COVID vaccine or Flu Vaccine
  - Dental cleaning or dental work
  - Lesion excision or biopsy
  - Surgery of any kind
  - Internal device placement
  - Tattoo or permanent makeup
- Let your provider know if you have any history of facial surgeries.
- It is recommended to discontinue the use of 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 before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you pretreat with medication prior to injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment.
- Avoid alcohol and caffeine 24-48 hours before and after your treatment as they may increase risk of bruising and swelling.
- If you develop a cold sore, blemish, or rash in the area to be treated we recommend that you reschedule your appointment until it resolves.
- It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials, or micro-dermabrasion.

## POST-TREATMENT

- Ice the treated areas for 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
- Please report to your medical professional immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
- Bruising at the treatment site is normal and may occur.
- Minimal to moderate swelling is expected and temporary. One side of your face may heal faster than the other side. Any asymmetries will resolve on their own.
- It is normal to experience some firmness and tenderness at the treatment site that can last for a few days.
- Try to avoid wearing makeup until the day after treatment. If you must wear makeup, please use clean hands, sponges and brushes.
- DO NOT RUB, TOUCH, PRESS OR MASSAGE as this can cause irritation, sores, or possible scarring.
- When cleansing your face or applying make-up, use gentle sweeping motions to avoid excessive mobility of the area.
- AVOID strenuous exercise or activity for 24 hours.
- You may take acetaminophen/Tylenol if you experience mild tenderness or discomfort.
- Avoid aspirin or ibuprofen products as they may increase your potential to bruise.
- Avoid obtaining any vaccination, dental cleaning, dental work, lesion excision or biopsy, surgery of any kind, internal device placement, tattoo or permanent makeup for 2 weeks following procedure.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials, or micro-dermabrasion for 2 weeks after treatment.

## CONTACT INFORMATION:

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