

DERMAL FILLER

PRE-TREATMENT INSTRUCTIONS

Avoid blood thinning medications such as Aspirin, Advil, Motrin, and Aleve and herbal supplements such as garlic at least 3 days before your treatment to minimize bruising.

DO NOT drink alcoholic beverages 24 hours before your treatment.

WHAT TO EXPECT during and immediately after your treatment:

- Local numbing medication in the form of topical cream or small injections may be used to maximize your comfort during the procedure.
- To ensure a smooth and even correction, your practitioner may massage the area treated, which can cause a temporary but minimal amount of redness to your skin.
- Temporary, minimal, and moderate swelling may be expected specific to the treatment technique, location, and products used.
- It may be normal to experience some tenderness or bruising at the treatment site that can last for a few hours or, at times, a couple of days.
- It may be normal to feel a “firmness” in your treated areas for the first few days after treatment. This, again, may depend upon the area’s treated, technique, and product’s used. Over time, the areas will “settle”, leaving you with a soft, natural-looking result.
- You can take or apply Arnica before your treatment for bruising or swelling.

Newtown
MediSpa

203-304-9725

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POST-TREATMENT INSTRUCTIONS

- Normal post-treatment side effects can be bruising, swelling, and soreness. For bruising, apply an ice pack to the affected area. For swelling and soreness, you can take over-the-counter Tylenol.
- Do not consume excessive alcohol for 24 hours post-treatment.
- No aerobic exercise for 24 hours after treatment.
- No sun beds or saunas for 3-4 days after treatment.
- Do not lay directly onto the treated area and no direct pressure for at least 24 hours.
- Do not manipulate the treated area for 8 hours following treatment.
- Call the office IMMEDIATELY with any rash, pain, fever, blanching of skin, pallor, redness, or signs of infection.
- Use Ibuprofen for any discomfort after 12 hours.
- If you experience swelling, gently apply an ice pack for 15 minutes each hour. Take or apply Arnica for bruising or swelling.
- Try to sleep face up and elevated for 24 hours.

If you have any questions or concerns, please don't hesitate to call us. If you are not sure that the results have met your expectations, please call us for a follow-up appointment.

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