



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 the other side.

You must wait 2 weeks before retreating or correction.

****Please report any redness, blisters, 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.