



# *Dermal Filler*

## **PRE+POST CARE INSTRUCTIONS**

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### **PRE-TREATMENT CARE:**

- Avoid taking aspirin, non-steroidal anti-inflammatory drugs (NSAIDs) like Motrin or Advil, or any other blood thinners for at least 1 week before your appointment unless prescribed by your physician.
  - Avoid certain herbal supplements such as ginkgo biloba, fish oil, and vitamin E for at least 1 week before your appointment, as they may increase the risk of bleeding and bruising.
  - Refrain from drinking alcohol for at least 24 hours before your treatment as alcohol may increase your risk of bruising/ swelling.
  - Avoid other facial treatments such as chemical peels, microdermabrasion, or laser treatments for at least 1 week before treatment to avoid irritation or skin complications.
  - Minimize sun exposure and use sunscreen to protect your skin from potential sunburn, which can increase sensitivity and the risk of adverse reactions.
  - Inform your injector of any medical conditions, allergies (especially to lidocaine), if you are pregnant or breastfeeding or current medications, including any history of neuromuscular disorders or prior adverse reactions to similar treatments.
  - Come to your appointment with a clean face and avoid makeup.
  - Be sure to confirm your appointment time and date and notify the office for any rescheduling need.
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### **POST-TREATMENT CARE:**

- Do not wear any makeup for 24 hours after procedure to reduce the risk of infection and irritation.
- Stay upright for at least 4 hours after treatment, do not lie flat.
- Refrain from vigorous exercise, hot yoga and saunas for 24 hours after treatment.
- Refrain from alcohol and excessive caffeine for 24 hours to reduce swelling and bruising.
- Avoid applying direct pressure to the treated areas for up to 2 weeks, i.. no massages or facials for 2 weeks.
- Apply ice packs to treatment areas that experience swelling or bruising for 15-20 minutes at a time.
- Mild swelling or bruising is normal and typically resolves in 5-10 days. Final results are visible in 1-2 weeks.
- Be aware of potential side effects such as prolonged swelling, redness, or lumpiness. Contact Sports MedSpa AT 619-630-9227 if you experience severe or unexpected symptoms.

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IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.

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