

## **Dermal Filler Pre/Post Treatment Care**

(Restylane, Juvederm, Radiesse)

### Before your treatment:

- Please come in with a clean skin surface and no eye makeup. Alternatively, you may wash your face when you arrive prior to checking in for your appointment.
- Take two extra strength Tylenol one hour prior to your appointment.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes for 24 hours prior to and post treatment.
- Avoid all blood thinning agents such as; Aspirin, Motrin, Flax Oil, Vitamin A, Vitamin E, Advil, Ibuprofen, Alleve (naproxen), Gingko biloba, garlic, ginseng, and St. Johns Wort for 10 days prior to and post treatment.
- No retinol, Retin A, Differin, or Obagi products within 10 days of treatment.

### After your treatment:

- Avoid wearing makeup the day of your treatment.
- DO NOT, touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. Avoid direct pressure on the areas for the next 3 days. Sleep on your back if possible.
- Please call our clinic if you experience any redness, blisters, cold sores or unusual itching.
- Keep well hydrated.
- You can wash your face the night of treatment (no rubbing) and resume normal routines the following morning. Do not rub or press on the treated area; gently blot dry with a towel.
- Avoid extensive sun exposure and heat.

#### **Please Note:**

Dermal Filler Treatment is NOT recommended if:

- You are pregnant or breast feeding
- *You have any major illness*
- You have multiple allergies or high sensitivity to medications, including but not limited to Lidocaine.
- You have had a Dermal Filler Treatment within the last two weeks.
- You are undergoing immunotherapy