

## **DERMAL FILLERS & Injectables PRE & POST-TREATMENT INSTRUCTIONS**

### **PRE-TREATMENT INSTRUCTIONS**

Avoid blood thinning over the counter medications such as **Aspirin, 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 a topical cream or through small injections may be used to maximize your comfort during the procedure.
- ◆ You may experience a mild amount of tenderness or stinging sensation following injection.
- ◆ To ensure a smooth and even correction, your practitioner will massage the area treated, which may cause a temporary, minimal amount of redness to your skin.
- ◆ Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- ◆ It may be normal to experience some tenderness 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 area/s for the first few days after treatment. This, again, may depend upon the area/s treated and product/s used. Over time, the area/s will soften and "settle", leaving you with a soft, natural looking result.

### **POST-TREATMENT INSTRUCTIONS**

- ◆ Apply cool compress to the area/s treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- ◆ You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided.
- ◆ **DO NOT RUB OR MASSAGE** the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- ◆ **AVOID excessive movement** of the treated area/s for the first few hours and up to 2-3 days.
- ◆ **AVOID** strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- ◆ You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. **AVOID** aspirin or ibuprofen products as they may increase your potential to bruise.
- ◆ **AVOID drinking alcohol** for a minimum of 12 hours as this may contribute to bruising and/or swelling.
- ◆ **AVOID extended UV exposure** until any redness/swelling has subsided. Apply and SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid.
- ◆ Wait a minimum of 4 (four) weeks (or as directed by Dr. Jacobs) before receiving any skincare or laser treatments.

Call the office at any questions 508-626-8346