

Pre & Post

Dermal Filler Instructions

- This treatment is not recommended if you have an important event within 2 weeks of injection due to the potential for bruising and swelling.
- Avoid the following for up to 1-week pre-and post-injection: Aspirin, NSAIDs, Ibuprofen, Ginkgo Biloba, Garlic supplements, Green tea, Flax oil, Cod liver oil, Vitamin A, Vitamin E, and any other essential fatty acids.
- Please come to your appointment with a clean face and no make-up, if possible. You may re-apply makeup 6 hours after injection.
- Avoid vigorous exercise immediately prior to and after (minimum of 24 hours post-injection).
- Do not touch, rub, or manipulate the areas injected for the first 48 hours following treatment.
- Lumps in the injected area are normal and typically dissipate over the next several weeks. These lumps may be gently massaged if you have instructed you to do so.
- Continue to ice or use a cold compress without pressing against the injected areas for the first 48 hours as recommended by the injector.
- Sleep with your head elevated for the first 1-2 nights depending on the level of swelling and bruising.
- Bruising in the area injected is normal and expected, especially if treated around the eyes. Bruising usually lasts 1 week and can last up to several weeks. Eating kiwi fruit or pineapple and/or using Arnica may help to decrease the amount of bruising.
- Do not apply products that are potentially irritating for 2 days after injections (Retin-A, glycolic acid, benzoyl peroxide, hydroquinone, etc.).
- Touchups may be done in 1-2 weeks if needed but waiting for 1 full month is recommended.
- Avoid laser, IPL, or skin tiny treatments of the areas injected for at least 2-3 weeks.
- If you have swelling post-procedure, taking an antihistamine to help with inflammation.
- The use of mouthwash after lip procedures is recommended to decrease bacteria contamination.