

## **Dermal Filler Pre and Post Treatment Instructions**

*Thank you for choosing TLC Laser & Skincare for your Dermal Filler treatment. By carefully following these instructions you will help achieve the best results possible.*

### **Pre-Treatment**

- 10-14 days prior to treatment, stop using the following blood thinning medications or supplements to help minimize bruising at the treatment sites: aspirin, ibuprofen (i.e., Aleve®, Advil®) or herbal preparations (Fish/Flax seed oil/Omega 3's, Ginko, Ginseng, Garlic, Vitamin E, Tumeric)
- Avoid procedures or immunizations two weeks before or after your dermal filler treatment.
- If you have a history of cold sores or herpes in the area to be treated, you will need to take a prescribed antiviral medication to prevent an outbreak post treatment. An antiviral medication can be prescribed by our physician. Please notify our office immediately should you develop any outbreak or rash of any kind during treatment. Treatment will need to be postponed until it clears.
- Avoid alcohol, caffeine, hot drinks and spicy foods for 24 hours prior to treatment as these may increase bruising and swelling.
- Avoid Retin-A/tretinoin/adapalene/retinol, exfoliating skincare products 24-48 hours before and after treatment to avoid increased redness and/or irritation.
- Arrive to your appointment free of makeup. This will decrease your risk of infection.
- Avoid wearing makeup (including lip products) until at least 12 hours after injection.
- Wash makeup brushes ahead, they should be clean before using on skin after injection.
- Notify the office if you are currently being treated for an active skin infection.
- Plan ahead, give yourself time to heal. It can take 2 weeks for results to settle. Keep this in mind if you have a special event, vacation or procedure in the near future.

### **During 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.
- To ensure a smooth and even correction, your practitioner may 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 can be normal to experience some tenderness or soreness at the treatment site/s that can last for a few hours or, at times, a few days.
- It may be normal to feel some "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 soft, natural looking results.

## Post-Treatment

- If instructed by your provider, apply cool compresses to the area/s treated as this may help reduce swelling and the potential for bruising (avoid pressure and ice/frozen packs directly on the skin). You will be provided with a gel pack/gauze to assist with this cooling before leaving the office.
- You may take acetaminophen/Tylenol® if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products noted above, as they may increase your potential for bruising.
- Avoid any makeup or skincare products to the treatment area/s for a minimum of 12 hours.
- DO NOT RUB OR MASSAGE the treated area/s on day of treatment. After cleansing your face or applying make-up (after 12 hour minimum), use gentle, sweeping motions to avoid excessive mobility of the area/s. Avoid use of Clarisonic® for 3 days.
- AVOID excessive movement of the treated area/s for the first few hours, and up to 2-3 days.
- AVOID strenuous exercise or activity on the day of treatment, and for a minimum of 12 hours. You may resume other normal activities/routines immediately, or as directed by your practitioner.
- AVOID drinking alcohol for a minimum of 12 hours, as this may contribute to bruising and/or swelling.
- AVOID dental procedures/teeth cleaning for 2 weeks to help avoid risk of infection or displacement of product.
- AVOID air travel for a minimum of 24 hours following treatment, or longer, if directed by your provider.
- AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s after 12 hours. Your practitioner will discuss any other skin care product/s to avoid.
- We recommend you wait a minimum of 2 weeks before receiving any skincare, laser treatments or any additional treatments that may manipulate the area/s of treatment (i.e., massage, chiropractor, acupuncture)
- **Call our office promptly if you experience ANY of the following: Increasing pain, swelling, significant bruising/darkening or grey appearance to the skin or surrounding treatment area, OR any other areas on your face. Also contact us with any notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5 F, or ANY other concerns you may have until your next appointment.**

Enjoy your new look and remember that your satisfaction is our goal. If you have any questions or concerns after your treatment, please contact us at **262-569-7335** or after hour emergencies email at [info@tlclaserandskincare.com](mailto:info@tlclaserandskincare.com)

*For optimum results it is imperative that you keep all your appointments. The TLC Laser & Skincare treatment plan is customized to your individual condition and your treatment schedule has a direct effect on your final results.*