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POST TREATMENT INSTRUCTIONS for Dermal Filler

Please follow the care instructions listed below to minimize the risk of complications from this procedure.

- Do **NOT** touch, press, rub or manipulate the implanted areas for 12 hours after your treatment. You can cause irritation, sores, infection and possible scarring if you do.
- It is best to wear **NO** makeup or lipstick until the day following your treatment. Earlier use can cause pustules. Also avoid restarting Retin-A products for 48 hours after your treatment.
- **NO** Alcohol, Aspirin, Ibuprofen, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any essential fatty acid supplements for 3 to 7 days after your treatment to reduce bruising risk.
- No dental work (including dental cleaning,) for 2 weeks after your treatment date.
- **AVOID:** Niacin, high sodium foods, high sugar foods or refined carbohydrates 3-5 days after your treatment to limit worsening of any bruising or swelling.
- Avoid vigorous exercise and excessive sun and heat exposure for 3 days after your treatment to limit worsening of any bruising or swelling.
- Try and keep head elevated and ideally sleep on your back if possible for 2-3 days after your injections to minimize swelling.
- Continued use of oral Arnica supplements and adding topical Arnica gel (applied with **CLEAN** hands) for 3-5 days after your treatment can also minimize bruising.
- One side may heal faster than the other. You must wait 2 weeks before any additional injections or corrections.
- It is strongly recommended that you wait a full 2 weeks between your dermal filler treatment and any vaccination, in particular the COVID vaccine.

****Please report any signs of infection, excessive pain, blisters or a mottled, blotchy skin discoloration immediately. Also contact your physician if you develop pain or swelling that worsens in the days following the treatment. ****

For questions or concerns contact the office at 530-842-3261 or via email at rdbmd@claritymedicalspa.net.

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