

NATURALLY BEAUTIFUL AESTHETICS



Dermal & Bio Filler Pre & POST Care Instructions

Dermal & Bio Filler Pre-Care Instructions

Proper preparation helps minimize bruising, swelling, and complications while optimizing your results.

2 Weeks Before Treatment

- Avoid:
- Dental work or oral surgery
- Vaccinations
- Other facial aesthetic treatments (unless approved)

- Schedule your appointment at least **2-3 weeks before any special event**
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7 Days Before Treatment

Avoid blood-thinning medications and supplements (unless medically necessary and prescribed):

- Aspirin
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Fish oil / Omega-3
- Vitamin E
- Ginkgo biloba
- Ginseng
- Garlic supplements
- St. John's Wort

These increase the risk of bruising and swelling.

3–5 Days Before Treatment

- Avoid alcohol

- Avoid waxing, threading, bleaching, or depilatory creams in the treatment area
- Avoid facials, chemical peels, or strong exfoliation
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24 Hours Before Treatment

- Avoid excessive salt intake (helps reduce swelling)
- Stay well hydrated
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The Day of Your Appointment

- Arrive with **clean skin (no makeup if possible)**
- Eat a normal meal to prevent lightheadedness
- You may take **Tylenol** if needed (avoid NSAIDs)
- Inform your provider if you have:
 - History of cold sores (you may need antiviral prophylaxis for lip filler)
 - Any infection or illness
 - Recent dental work
 - Allergies to lidocaine
 - Pregnancy or breastfeeding
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Optional Bruise Prevention

Start 2–3 days before (if appropriate):

- Arnica
- Bromelain

Dermal & Bio Filler Post-Care Instructions

Immediately After Treatment

- Expect:
 - Swelling
 - Tenderness
 - Redness
 - Possible bruising

****These are normal and temporary****

- Apply **ice packs** (10–15 minutes at a time) for the first 24 hours
- Keep the head elevated when resting
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For the First 24 Hours

Avoid:

- Touching, pressing, or massaging the area (unless instructed)
- Makeup (if possible for the first 12–24 hours)
- Strenuous exercise
- Alcohol
- Excessive heat (sauna, steam room, hot showers)
- Kissing or pressure on treated lips

For the First 48 Hours

- Sleep on your back with your head elevated
- Avoid high-sodium foods to reduce swelling
- Continue gentle icing if needed

For the First 2 Weeks

Avoid:

- Facials
- Massage in the treated area
- Laser treatments
- Chemical peels
- Microneedling
- Dental procedures

What to Avoid Until Swelling Resolves

- Hats or tight headwear (for temple/forehead filler)
- Straws (after lip filler – first 72 hours)
- Vigorous workouts

Normal Side Effects

- Mild asymmetry during the swelling phase
- Firmness or small lumps (usually soften within 1–2 weeks)
- Bruising

When to Contact Your Provider Immediately (Emergency Signs)

- Severe or increasing pain
- Skin that turns pale, white, gray, or dusky
- Mottled or net-like discoloration
- Blistering

- Vision changes

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These may indicate a vascular complication and require urgent treatment.

Final Result Timeline

- Initial swelling improves in **3–7 days**
- Results settle in **2 weeks**

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Bio Filler–Specific Notes (PRF / Plasma Gel)

- Swelling may last slightly longer than HA fillers
- Multiple sessions may be required for optimal collagen stimulation
- Results improve gradually as collagen forms

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Pro Tip for Best Outcomes

Stay well hydrated and avoid intense workouts for a few days to reduce inflammation and prolong your results.