

# Serenity Skin Spa

## POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

**A few simple guidelines both pre and post-treatment can make a difference between a good result and a fantastic one.**

Do NOT, touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. You can cause irritation, sores, and/or problems, and possible scarring if you do.

Avoid Vigorous Exercise and Sun and Heat exposure for 3 days after treatment.

We recommend you AVOID Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment.

We recommend you not use Retin-A or like products (*ex. Kinerase, Tazarac*) two (2) days after treatment to avoid increased irritation and redness.

It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules. *If you must wear makeup we recommend a good quality mineral makeup.*

We recommend you AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment

Please remember "One side may heal faster than other side".

Regarding your Lips: "Don't Love Them or Hate Them for 2 weeks. You must wait 2 weeks before retreating or correction. Lips will swell unevenly and may swell and shrink several times over 2 weeks.

Please report any "increased pain and increased swelling", redness, blisters, or itching immediately should it occur following your treatment.

**If you should have any questions or concerns please feel free to contact us at 970-775-8700.**