

Pre and Post Instructions for Dermal Fillers

To minimize the risk of possible side effects / complications from injections, please follow these simple guidelines:

Pre-Treatment Instructions

- Dermal fillers must not be administered if you have had any vaccines, immunizations, procedures, illnesses, or dental work in the past two weeks and for an additional two weeks after fillers.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any of the ingredients, suffer from any neurological or autoimmune disorders, are experiencing any cold or flu-like symptoms, or have any active inflammatory processes (cysts, pimples, rashes, hives).
- For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please avoid all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as aspirin and ibuprofen. Also avoid herbal supplements such as garlic, vitamin E, ginkgo biloba, St. John's Wort and omega-3 capsules. If you have a cardiovascular history, please check with your healthcare provider prior to stopping use of aspirin. Do not drink alcoholic beverages 3-5 days before your treatment to avoid extra bruising.
- Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid, or any "anti-aging" products for two days before and after treatment.
- Schedule your appointment at least 2 weeks prior to a special event to allow any bruising and swelling, should they occur, time for their resolution.
- Reschedule your appointment at least 24hrs in advance if you have a rash, cold sore or open wound in the area being treated. If you have a history of cold sores, please let us know as we can prescribe an anti-viral medication pre-treatment.
- Be sure to eat and be well hydrated before your procedure. This will decrease the chances of becoming light-headed during your treatment.

Post-Treatment Instructions

- Avoid significant movement or massage of the treated area unless instructed by provider.
- Avoid strenuous exercise or anything that increases your heart rate for 24 hours.
- Avoid extensive sun or heat for 72 hours (no sauna, hot tub).
- Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- You may apply a cool compress or ice pack for 15 minutes each hour while awake to reduce swelling.
- Use Tylenol (acetaminophen) for discomfort. No NSAIDs (ibuprofen, aspirin) for 24 hours as they can increase bleeding.
- Try to sleep face up and slightly elevated if you experience swelling.
- You may want to consider taking Arnica (found in health food stores) to help with the bruising and swelling.
- Avoid wearing makeup the day of procedure.
- Sanitize your phone before putting it to your face and try to talk on speaker phone as much as you can day of treatment.
- Wait a minimum of two weeks before dental work, immunizations, or laser treatments.

If you have any further questions or concerns, please call/text us at 705-522-2252 or email np@lipsnlines.ca

