

WEST HILLS DERMATOLOGY GROUP

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Pre treatment recommendation: DO consider taking over the counter Arnica supplements, Rutin 500mg, Bromelain with Quercetin and Vitamin C (available at The Derm Institute, most supplement stores, Whole Foods, etc.) starting 3-5 days before your treatment as they have been shown to decrease bruising

Avoid dental work two days prior and two weeks post.

WHAT TO EXPECT during and immediately after your 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.
- You may experience a mild amount of tenderness or stinging sensation following injection. ● 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.
- Bruising at the treatment site may occur. To minimize bruising, inform your practitioner if you use blood thinners such as aspirin, ibuprofen (i.e., Aleve, Advil) or herbal preparations (Fish/Flax seed oil/Omega 3's, Ginko, Ginseng, Garlic, Vitamin E) prior to your procedure.
- Temporary, minimal to moderate swelling may be expected related to the area/s treated and the product/s used.
- It may be normal to experience some tenderness at the treatment site that can last for a few hours or, at times, a couple of days.
- It may be normal to feel a “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 a soft, natural looking result.

POST-TREATMENT INSTRUCTIONS

Apply cool compresses to the area/s treated as this helps reduce swelling and the potential for bruising (avoid pressure and direct ice/frozen packs directly on the skin). You will be provided with a gel pack to assist with this cooling before leaving the office.

You may begin wearing makeup once you have adequately cooled/iced the area/s, as instructed and any pinpoint bleeding from the injection site/s has subsided. Mineral makeup works well.

- DO NOT RUB OR MASSAGE the treated area/s today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area/s.
- AVOID excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. Avoid aspirin or ibuprofen products as they may increase your potential to bruise. Antihistamine can be taken to help reduce swelling.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.
 - AVOID extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area/s. Your practitioner will discuss any other skin care product/s to avoid.
- We recommend you wait a minimum of 2 wks before receiving any skincare or laser treatments. Filler takes two weeks to settle so please be patient and if for any reason after two weeks you are concerned, be sure to call the office at 818 592 6005
- **Additional Instructions:** *Call our office promptly if you experience ANY of the following: Increasing pain, swelling, significant bruising or darkening at or around the treatment area, 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. Please feel free to call our office at 818-592-6005.*