

GLOW WITH BRITT

# dermal filler pre-treatment guidelines

If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance. Client should not schedule any invasive procedures for 2 weeks before or after treatment with RESTYLANER LYFT and VOLUMAR XC. These include but are not limited to:

Dental Cleaning or Dental Work  
Oral Lesion Excision or Biopsy Surgery of any kind  
Internal device placement  
Tattoo or Permanent Makeup

History of surgical face lift of any kind will lead to denial of treatment of dermal fillers (RESTYLANE® LYFT and VOLUMAR XC) to the midface or cheek region. It is recommended to discontinue the use of 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 before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation. If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication. If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves. It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation. It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

# dermal filler post-treatment guidelines

Apply cold compression/ice packs to the areas treated (avoiding excess pressure) as this helps reduce the swelling and the potential for bruising

Temporary, minimal to moderate swelling may be expected related to the areas treated and the products to used

You may begin wearing makeup once you have adequately cooled/iced the areas, as instructed and any pinpoint bleeding from the injection sites has subsided

DO NOT rub or massage the treated area today when cleansing your face or applying makeup use gentle, sweeping motions to avoid excessive mobility of the area

Avoid strenuous exercise for activity for the remainder of the treatment day. you may resume other normal activities and routines immediately

Avoid drinking alcohol for minimum of 12 hours as this may contribute to bruising and/or swelling

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

You may take acetaminophen/Tylenol if you do experience any mild tenderness or discomfort. AVOID aspirin or ibuprofen products and they may increase your potential to bruise

It may be normal to feel a "firmness" in your treated areas for the first few days after treatment. This again, may depend upon the area treated and products used. Over time, the areas will soften and "settle", leaving you with a soft, natural looking result in about 2 weeks on average

If you have any questions or concerns, please contact me at:

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