



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.

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 (603) 624-1638.