

# DERMAL FILLERS POST-OPERATIVE INSTRUCTIONS



**DO NOT** touch, press, rub or manipulate the areas of treatment for the rest of the day. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. You can cause irritation, sores, and/or problems, and possible scarring if you do so.

**AVOID** the following vitamins and medications at least 3 days after treatment:

- Vitamin E
- Fish oil
- Omega 3 fatty acids
- Ginkgo biloba
- Garlic
- Ginger
- Cayenne
- Licorice
- Flax seed oil
- COQ10
- Aspirin
- Ibuprofen
- Niacin supplement

**AVOID** the following food and drink items:

- Alcohol
- Caffeine
- High-sodium foods
- High-sugar foods
- Refined carbohydrates
- Spicy foods

**DO NOT** smoke cigarettes for the next 24-48 hours.

**AVOID** vigorous exercise and heat exposure for 3 days after treatment.

**DISCONTINUE** retinol cream for at least 2 days. It is best to wear no makeup until the next day. Earlier use can cause pustules.

**ONE SIDE** may heal faster than the other side.

It is **COMMON** to experience some **bruising** and **swelling** around the areas that were injected.

**APPLY ICE** for the first hour after treatment at ten minute intervals. Ten minutes on and ten minutes off.

**ARNICA MONTANA** will help mitigate bruising 30%. The day after treatment, you can apply Arnica Montana cream to the areas where the fillers were injected.

If you want any future enhancements, wait 2 weeks before your next treatment session of dermal fillers for the best results.

\*\*\*Please report any redness, blisters, or itching immediately if it occurs after treatment.\*\*\*