



## POST TREATMENT INSTRUCTIONS Dermal Filler Treatment

**DO NOT:** touch, press, rub or manipulate the implanted areas for the rest of the day after treatment.

**AVOID:** Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A., Vitamin E, or other essential fatty acids at least 3 days after treatment.

**AVOID:** Alcohol, caffeine, niacin supplement, high-sodium foods, 24-48 hours after your treatment.

**AVOID:** Vigorous exercise and sun and heat exposure for 3 days after treatment.

**DISCONTINUE:** Retin A 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.

You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.

You must wait 2 weeks before any enhancements.

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

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.

---

Patient Signature

---

Date