

ANGELIC SKIN CLINIC

Post Treatment Instructions for Dermal Fillers

- Do NOT, touch, press, rub or manipulate areas for 6 hours after the treatment. This can cause irritation, sores or possible scarring.
- Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
- Avoid submerging head under water for full 24 hours after mid-face treatment (Voluma or Restylane Lyft); This includes pools, beach, bathtub, hot tub etc. You may still take a shower and gently wash/ splash your face with water on your face.
- Avoid Dental Cleaning, Dental work, lesion excision or biopsy, surgery of any kind, internal device placement, tattoo or permanent makeup for 2 weeks following procedure.
- Avoid Aspirin, Motrin, Ginko Biloba, Flaz Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Avoid Alcohol, caffeine, Niacin Supplement, high sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increase swelling and irritation.
- Avoid the use of Retin-A or similar products (Ex. Kinerase, Tazarac) 2 days after treatment to avoid increase irritation or redness.
- Avoid cosmetic treatments such as laser, ultrasound, peels, facials or micro-dermabrasion for 2 weeks after treatment.
- Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a goof quality mineral makeup for the face or Aquaphor ointment for the lips.
- Please report to your Medical Professional immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
- Ice the treatment area 20 minutes on and 20 minutes off for the next 24 hours. NOTE: Never apply ice directly to the skin, use barrier such as a cloth.
- Please remember one side may heal faster than the other side.
- Filler may be malleable for the first 2 weeks; to keep the filler where our Medical Professional has placed it, sleep on your back and avoid rubbing the treatment area for 2 weeks.
- It is recommended that a follow up appointment be made for 2 weeks after the initial treatment.

**Call 763-497-7546 During Working Hours for any questions or concerns OR
Email info@angelicskinclinic.com for after hour support.**