



Pre Dermal Filler Treatment Instructions

1. To reduce your risk for bruising avoid taking aspirin, ibuprofen, vitamin E, fish oil, ginkgo biloba, garlic, ginger, cayenne, licorice, flax seed oil and COQ10 one week before treatment.
2. Avoid alcohol consumption one week before treatment.
3. Avoid excessive sun exposure prior to treatment.
4. Avoid tweezing, waxing, bleaching, facial scrub, or hair removal cream prior to treatment.
5. Avoid the use of Retinol or Alpha Hydroxy Acid one week before treatment.
6. **If you have a history of cold sores (herpes simplex) please consult your primary care provider or for prophylactic anti-viral medication.**
7. Always inform your clinician about any medications that you are taking including antibiotics, high blood pressure medication, Coumadin, plavix or other blood thinners.

Post Dermal Filler Treatment Instructions

****Contact Skin Med Spa IMMEDIATELY 612-419-9655 if you experience any severe pain, significant swelling, bruising, or blanching of the skin (white splotches). These could be signs of an occlusion and may require immediate treatment.**

1. Do not massage, rub, or apply pressure to the treated area after treatment.
2. Avoid aspirin, ibuprofen, alcohol for 3-5 days after treatment.
3. Do not exercise for 24 hours.
4. Avoid sun exposure or cold outdoor activities until redness from treatment disappears.
5. Avoid retinal or RetinA for 2-3 days after treatment.
6. Avoid kissing, puckering, use of straws or use of lip plumper. This can displace the filler and cause complications.
7. Apply ice to the treated area with minimal pressure to reduce swelling. You can apply ice for 10-20 minutes and then remove for 10-20 minutes. This cycle can be repeated throughout the day.
8. Mild to moderate bruising is very common with fillers.
9. Avoid facials, peels, micro-dermabrasion, dental treatment, massages for 2 weeks.
10. Sleep on your back for 2-3 nights post dermal filler treatment.
11. If possible avoid wearing makeup immediately after treatment. Gentle cleansing and moisturizer is okay.