

keep glowing

med spa

Dermal Fillers Treatment Instructions

Restylane, Juvederm, Belotero, Versa and other similar products

- Avoid Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) in the 24 hours prior to your treatment as they may promote the risk of bruising and bleeding in the injection area.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- If you are currently taking anti-coagulation medications (Warfarin, Coumadin, Heparin, Lovenox, Enoxaparin, Lepirudin, Refludan, Ticlopidine Ticlid, Clopidogrel, Plavix, Tirofiban, Aggrastat, Eptifibatide, Integrilin), discuss the use of these medications with your healthcare provider prior to your treatment. You may or may not be a candidate for treatment with cosmetic dermal fillers.
- If you are prone to cold sores (oral herpes simplex), take your prescribed medication (Famvir, Famciclovir, Valtrex, Valacyclovir, Acyclovir) as prescribed in the 24 hours prior to your treatment and should be continued for 24 hours after your treatment or longer if recommended by your regular physician.
- Please arrive with a "clean face". Please do not wear makeup. You may bring your own makeup to apply after your treatment. We do provide makeup wipes if you are unable to cleanse before you arrive.
- Although anesthesia is not required, our clinicians may use topical or injectable anesthesia to numb the treatment area first if you desire.
- Following the injections, your clinician may gently massage the treated areas to mold it for optional results.
- Redness and swelling are normal. Some bruising may also occur.
- You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.
- Avoid applying pressure or touching the treated area for six (6) hours after the procedure. The area can then be gently washed with a cleanser and water. Stay upright for six (6) hours following treatment. DO NOT "rest your head" or lay down; sit upright!
- Remember to be gentle when touching the newly treated areas. Avoid vigorous scrubs, exfoliation or facial treatment in the area of treatment for 72 hours.
- Avoid Microdermabrasion or Vibraderm abrasion for 72 hours after cosmetic dermal fillers.
- Once any pinpoint bleeding (if any) from the injection sites have subsided, you may begin wearing makeup.
- Some temporary injection-related reactions may occur, including redness, pain, firmness, swelling and bumps. Studies have shown that these are usually mild to moderate in nature and clear up on their own in 7 days or less.
- Avoid prolonged exposure to direct sunlight or UV/tanning beds for 72 hours after the procedure.
- Avoid manipulation of the area following the injection unless specifically instructed otherwise by your healthcare practitioner.
- Avoid oral sex for 48 hours after treatment.
- Avoid kissing animals (dogs, cats) or allowing them to lick your face for 24 hours after treatment.
- For pain/discomfort, use cool packs (do not apply pressure) and over-the-counter analgesics (Acetaminophen, Tylenol) if you are not allergic.
- Oral or topical Arnica Montana, an herbal supplement, may help with reducing swelling caused by cosmetic treatments. DO NOT take Arnica Montana if you have liver or kidney problems.
- Aspirin, Ibuprofen, Advil, St. John's Wort, oral Vitamin E, and non-steroidal anti-inflammatory drugs (NSAIDS) may promote the risk of bruising and bleeding in the injection area and should be avoided for 48 hours after treatment if possible.
- You may have some swelling after treatment. This swelling will go down in 24 hours.
- You should see immediate improvement in the treatment areas. Most patients need one treatment to achieve optimal wrinkle smoothing, and the results last anywhere from 6 months to 2 years depending on the product. Results may vary and corrections are temporary. Supplemental touch-ups may be required to achieve and maintain optimal results.
- A follow-up visit at 10 days to 2 weeks is suggested to assess results for subsequent treatments, particularly if you are a first time client. If full correction is not achieved, you will need to purchase additional filler for injection.
- If signs and symptoms of infection persist (warmth at the site of injection, discharge/pus, pain/discomfort) or if you develop a fever, please contact our office so our staff may assist you.
- Please contact our office AT 848-217-2662 if you have any concerns or develop any complications related to the procedure. If you are experiencing a significant amount of pain or are unable to reach out office we advise you to report to your nearest emergency room.