

Derma Filler Pre- and Post-Treatment Instructions

Pre-Treatment Instructions:

- **Consultation:** Ensure you have had a thorough consultation with our medical provider to discuss your goals, medical history, and any concerns you may have regarding derma filler injections.
- **Medical History:** Inform the medical provider about any medical conditions, allergies, medications (including supplements), or previous cosmetic procedures you have undergone.
- **Cold sores:** Inform your provider if you have any history of cold sores.
- **Avoid Blood Thinners:** Refrain from taking blood-thinning medications such as aspirin, ibuprofen, or fish oil for at least one week before the treatment to reduce the risk of bruising.
- **Avoid Supplements:** Omega-3 Fatty Acids (e.g., fish oil supplements, flaxseed oil, chia seeds), Vitamin E (e.g., alpha-tocopherol, tocotrienols, mixed tocopherols), Ginkgo Biloba, Garlic, Ginseng, Ginger, Turmeric/Curcumin, Green Tea, Dong Quai, Saw Palmetto, St. John's Wort, Dietary Supplements with Salicylates (e.g., white willow bark, meadowsweet), Feverfew, Evening Primrose Oil, Coenzyme Q10 (CoQ10), Chondroitin and Glucosamine
- **Avoid Dental work:** Avoid dental work 4 weeks before and after your treatment including cleanings.
- **Avoid Vaccinations:** Avoid vaccinations for 4 weeks before and after your treatment
- **Illness:** Call the office to reschedule your appointment if you have been ill or are being treated for an infection 3 weeks before your appointment.
- **Avoid Alcohol and Cannabis:** Minimize alcohol consumption and cannabis use for at least 24 hours before the procedure, as it can increase the risk of bruising and swelling.
- **Hydration:** Ensure you are well-hydrated before the treatment, as this can help optimize results and reduce the risk of complications.
- **Avoid Strenuous Exercise:** Refrain from intense physical activities or exercise that may increase blood flow to the face for at least 1 hour before the procedure.
- **Arrive Clean:** Arrive at the appointment with a clean face, free from makeup, lotions, or any other skincare products.
- **Comfortable Clothing:** Wear comfortable clothing to your appointment, as you may need to sit or lie down during the procedure.

Post-Treatment Instructions:

- **Immediate Care:** With sanitized hands, apply ice packs or cold compresses, that are wiped down with alcohol swabs, to the treated area immediately after the procedure to help reduce swelling and discomfort. Use gauze provided to prevent skin irritation.
- **Avoid Touching:** Refrain from touching, rubbing, or applying pressure to the treated area for at least 6 hours post-treatment to avoid shifting the filler or causing irritation.
- **Avoid Sun Exposure:** Limit sun exposure and wear sunscreen with at least SPF 30 on the treated area to protect your skin and prevent hyperpigmentation.
- **Avoid Makeup:** Avoid applying makeup to the treated area for at least 24 hours post-treatment to allow the filler to settle properly.
- **Avoid Blood Thinners and Supplements:** Continue to avoid blood-thinning medications and supplements for at least 24 hours after the procedure to minimize the risk of bruising.
- **Stay Hydrated:** Drink plenty of water to stay hydrated, which can help improve the longevity of the filler and promote healing.
- **Follow-up Appointment:** Schedule a follow-up appointment as recommended by the medical provider to assess the results and address any concerns you may have.

- **Report Any Issues:** Contact our clinic immediately if you experience any unusual or concerning symptoms such as **pain (soreness/tenderness is normal), skin color changes, bruising in an area that was not treated, excessive swelling, redness,** or unevenness in the treated area.
- **Be Patient:** Allow time for the filler to settle and for any initial swelling or bruising to subside. Final results may take a few weeks to become fully apparent.

By following these pre- and post-treatment instructions, you can help ensure a smooth and successful dermal filler experience at More Medical Aesthetics & Wellness.

If you have any questions or concerns, Please call our office at (414) 375-5005.

If you believe that you are experiencing an adverse reaction, call or text Arleen More O'Ferrall NP 414-793-9487 with any questions or concerns.

***MORE Medical Aesthetics & Wellness
11433 N. Port Washington Road
Mequon, WI 53092***

Thank you for choosing More Medical Aesthetics & Wellness!

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