



HERITAGE

VEINS & AESTHETICS

transformative patient care

While having DERMAL FILLERS is a relatively minor procedure, there are some things to do before and after your procedure to optimize your results. Please note that redness, bruising and/or swelling at the injection site are common after dermal filler injections and is not an indication of any problem or issue. While you will notice an immediate difference in your appearance, it will take 7-14 days before you will see the final effect of your injections. We will see you back in 14 days to view your results and determine if you need any touchup to achieve your desired result. Results last from 6 months to 24 months depending on the filler used and the area injected. When you start to see your results diminishing and expression lines, wrinkles, etc. reappearing then it is time to make an appointment for your next treatment.

DERMAL FILLER PRE-PROCEDURE INSTRUCTIONS

1. If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least two weeks in advance.
2. You should not schedule any invasive procedures for two weeks before or after treatment with dermal fillers. This includes dental procedures, surgery of any kind, internal device placement, tattoo or permanent makeup.
3. You should not have dermal fillers if you have previously had a surgical facelift.
4. You should discontinue Aspirin, Motrin, Ginko Biloba, Garlic, Flax Seed Oil, Cod Liver Oil, Vitamin A, Vitamin E and any essential fatty acids at least one week prior to treatment to minimize bruising or bleeding. Please consult with your primary care physician before discontinuing any medications.
5. If you have a history of cold sores with recurrent outbreaks, it is recommended that you be pretreated with a medication prior to any injections in or near the mouth. Let our staff know so we can call in a prescription for you.
6. If you develop a cold sore, blemish or rash in the area to be treated prior to your appointment, you should reschedule your procedure once it is resolved.
7. You should discontinue Retin A or any retinoids three days prior to your procedure to avoid any increased redness or irritation.
8. You should wait at least two weeks after any other cosmetic treatment to have dermal fillers. This includes facials, laser, chemical peels, microneedling, etc.



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DERMAL FILLER POST- PROCEDURE INSTRUCTIONS

Adherence to the Post Procedure Care Instructions will help to minimize any possible adverse effects.

1. Do NOT touch, press, rub or manipulate the implanted area for 6 hours after treatment. This can cause irritation, sores or possible scarring.
2. Avoid vigorous exercise, sun and heat exposure for three days after treatment.
3. Avoid submerging your head under water for a full 24 hours after dermal filler treatment. This includes, pools, beaches, bathtubs and hot tubs.
4. Avoid Aspirin, Motrin, Ginko Biloba, Garlic, Flax Seed Oil, Cod Liver Oil, Vitamin A, Vitamin E and any essential fatty acids for at least three days to one week after treatment.
5. Avoid alcohol, caffeine, Niacin supplements, spicy foods and cigarettes for 24-48 hours after your treatment as these items can contribute to increased swelling or irritation.
6. Avoid the use of Retin-A and similar products for two days after treatment to avoid increased irritation or redness.
7. Do not lie down for at least 4 hours after your treatment. Try to sleep on 2 pillows to limit swelling.
8. Avoid excess movement of your facial muscles for the first few days to allow the filler to stabilize.
9. Avoid cosmetic treatments such as laser, ultrasound, peels, facials or microneedling for 2 weeks after treatment. Note that laser treatments including IPL, laser hair removal and laser skin resurfacing treatments may shorten the duration of a dermal filler by speeding breakdown of the dermal filler. Please ask your provider if you plan to have laser treatments done in the same area as you are having dermal fillers injected.
10. Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. Aquaphor ointment for the lips is a good alternative for the day of treatment if you need to use something.
11. Contact the office immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
12. Ice the treated area for the next 24 hours. Apply an icepack wrapped in a towel for 20 minutes then remove for 20 minutes. Be gentle – do not apply pressure. Continue this over the next 24 hours. This will help with any bruising or discomfort.
13. Some lumps and bumps may be normal. Typically these will resolve within 4-6 weeks. Please let your provider know at your two week visit if you have any areas of concern.
14. Remember that one side may heal faster than the other side. This may result in things appearing uneven. You have to wait the full 14 days to see the final result.

Client Signature: _____ Date: _____