

DERMAL FILLER PRE AND POST CARE

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

PRE TREATMENT

- AVOID consuming alcohol, caffeine, Niacin supplements, high sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before the treatment.
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- NO Asprin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamen E, or any other essential fatty acids for at least three days to 1 week before **and after** treatment.
- AVOID topicals with retinol, Retin-A, retinoids, glycolic acids for two days before **and two days after** your procedure
- AVOID waxing, bleaching, tweezing, or using hair removal cream on the area to be treated in the days before treatment
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- DO show up with a clean, makeup free face if possible. Makeup can harbor bacteria and may increase the risk of infection. We attempt to remove all makeup thoroughly, but it is safer not to wear any.
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- If you are currently taking anticoagulation 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.
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- 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.
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 - Notify Drylux Beauty Bar if you develop a cold sore, acne, or open lesions in the area you are expecting to treat or if you experience any type of illness prior to your treatment.
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- Notify Drylux Beauty Bar of any changes to your health history, medications, or if you are pregnant or trying to become pregnant since your last appointment.
 - Notify Drylux Beauty Bar if you have used Accutane in the past. Use within a 6 month period of treatment may be a contraindication.

DERMAL FILLER POST-TREATMENT INSTRUCTIONS:

- 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. You may resume makeup use at this time.
- Avoid vigorous scrubs, exfoliation, or facial treatment in the area of treatment for 72 hours.
- If signs and symptoms of infection develop and persist (warmth at the site of injection, discharge/pus, pain/discomfort) or if you develop a fever, please contact Drylux Beauty Bar so our staff may assist you.

- Oral or topical Arnica Montana, an herbal supplement, may help with reducing bruising caused by cosmetic treatments. **DO NOT** take Arnica Montana if you have liver or kidney problems.
- For pain/discomfort, use cool packs and over-the-counter analgesics (Acetaminophen, Tylenol). Severe pain should be reported to Dryluxe Beauty Bar immediately.
- Avoid manipulation of the area following the injection unless specifically instructed otherwise by your healthcare practitioner.
- Avoid intense heat for 24 hours after treatment including sunbathing, tanning, saunas, hot tubs, hot wax.
- Avoid strenuous exercise for 24 hours
- Do not drinking alcohol for 24 hours to lessen the chance of bruising
- Avoid putting pressure on the treated area for the first few nights (sleep on your back)
- Avoid facials, facial waxing, Glycolic or AHA peels, IPL or energy based treatments and microdermabrasion for two weeks after treatment.
- Avoid makeup for 24 hours
- Schedule an appointment for a review for 4 weeks after treatment

It is normal to experience the following:

- Swelling will begin within 1-2 hours of treatment and should resolve within 48-72 hours.

- Under Eyes and lips will swell significantly - this is normal and can be improved by sleeping on a few extra pillows and drinking a moderate amount of water. Lips can swell up to 3 times their normal size. This is not an indicator of an allergy. Avoid particularly salty foods during this time as it may exacerbate under eye swelling.
- Aching discomfort is common, especially in the lips, cheeks, and chin. Tylenol (NOT Advil) and some cool compresses will help discomfort.