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## Dermal Filler Pre and Post Treatment

What you should know **BEFORE** your treatment with a dermal filler:

1. Dermal fillers are injected into the skin to soften creases and folds, support areas of volume loss, or contour specific facial areas.
2. Lidocaine will be offered to maximize your comfort during the procedure. Clients report minimal discomfort typically associated with the needle injections.
3. You may experience a mild to moderate amount of aching sensation post injection, especially over cheekbone areas.
4. To ensure an even correction the treated area will be massaged, which may cause a temporary, minimal amount of redness to your skin.
5. Bruising at the site of injection is a commonly reported side effect. Post-procedure relief can be found with Arnica Montana and Bromelain (in fresh pineapple). Both are available in the supplement section of Whole Foods. Fresh pineapple or Bromelain can be consumed the two days leading up to the treatment. When used in combination, these homeopathic remedies work to reduce bruising and swelling. Ideally, you may begin taking 4 Arnica tablets under the tongue twice daily three days prior to your treatment at the spa. To minimize the risk of bruising, please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea and Fish Oil for a week before treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment.
6. Temporary swelling can be expected, which dissipates in the days following injections. Below you will find helpful ways of reducing the risk of bruising and swelling following your treatment.
7. It is normal to experience tenderness at the treatment site in the days following the injections.

What you should know **AFTER** completion of your treatment with a dermal filler:

1. At the time of treatment with a dermal filler, the puncture of the skin may lead to bruising and/or swelling. Apply an ice pack immediately following treatment, for the duration of the day, applying for 20 minutes of each hour. A bag of frozen peas from the vegetable freezer at the grocer works very well. Swelling typically subsides in the first 2-3 days.
2. If you have purchased supplements, continue taking your Arnica and/or tablets, as directed, until all bruising and swelling has resolved.
3. To minimize bruising and swelling, please avoid use of Vitamin E, Green Tea, Fish Oil, Aspirin and Non-steroidal Anti-inflammatory drugs until all bruising and swelling have resolved.
4. Avoid activities which may encourage vasodilatation the day of treatment. This includes heavy aerobic activity, hot showers/baths, and consumption of alcohol.
5. Try to avoid lying on the areas injected for the two nights immediately following your treatment. This can cause extra swelling, sensitivity and potentially displace the product that was carefully disbursed into the treatment sites.
6. It is normal to feel 'firmness' in your injection area for the first several days after treatment. Over time, the area will soften, leaving you a soft natural looking result.
7. The treatment area may be gently washed a few hours after treatment, avoiding aggressive scrubbing or rubbing.
8. Sunbathing, or excessive UV exposure should be avoided until the redness or swelling have subsided.
9. Immediately report any worsening or persistent symptoms or side effects to the Spa.

Your follow up appointment is a very important time for us to meet. Please ensure that you plan to return to the office approximately 3 weeks following your injection date.

**Thank you for entrusting your care with us. Your referrals are greatly appreciated.**