

Lake Oswego Aesthetics

DERMAL FILLER PRE-TREATMENT INSTRUCTIONS

- Avoid leafy greens, fish oil (Omega 3's), all NSAIDS (blood thinning agents), such as Ibuprofen, Aspirin, Motrin, Advil, Aleve, and Naproxen Sodium, Vitamin E, Gingko Biloba, garlic & Flax seed oil for 7 days.
- One hour prior to treatment, take two extra strength Tylenol
- Avoid alcohol for 48 hours prior to treatment.
- Take 2000 mg of Vitamin C daily before your treatment (the earlier you start, the better).
- To lessen your chance of irritation and redness, stop using Retin-A & Alpha Hydroxy Acids 3 days before your treatment & 3 days after.
- Pre-treat with Arnica 3 days before your treatment by dissolving 5 pellets under your tongue 3 times a day.
 - For best results, do not touch the pellets & avoid drinking coffee 20 mins. before & 20 mins after each dose.
 - Arnica can be purchased at most health food stores, including Whole Foods.
- Drink lots of water and hydrate your skin. Dry skin is always more traumatized from injections.
- Avoid wearing make-up the day of your treatment.

TREATMENT EXPECTATIONS

- DON'T worry, the swelling will come down.
- The treated area may look asymmetrical or uneven (especially in the lips) for up to 10 days following the procedure, this is normal.
- You will most likely be bruised and/or swollen following this procedure. Ice and anti-inflammatory agents (Naproxen Sodium and Ibuprofen) can be helpful. Anti-histamines will also help with inflammation (non-drowsy Claritin, etc.). The swelling and bruising can last up 10 days.

POST TREATMENT INSTRUCTIONS

- Keep your head above your heart for 4 hours.
- Avoid saunas for 6 hours.
- Do not exercise for 24 hours.
- DO NOT touch, press, rub or manipulate the treatment areas for at least 24 hours. Avoid direct pressure on the treatment areas for the next 3 days. No face down massages for 2 weeks.
- After 48 hrs. once a day, preferably before bed, gently feel the area of filler for any fullness. If it feels like there is a small lump or bump, it is ok to put firm steady pressure on that area.
- The treated area may feel firm when touched, this is normal.
- Avoid extensive sun exposure/heat 3 days after treatment.
- You can gently wash your face. Please use a gentle cleanser, (no clarisonics) with gentle pressure and pat dry lightly with a towel for the first 3 days.

- Avoid Retin-A, Glycolic Acid or any irritating products for 4 days following procedure.
- You can expect some bruising and swelling in the injected areas. Applying ice for the first hour will help. Apply ice to treated area for 10 min. on and 10 min. off. Leaving an ice pack in one area for longer than 10 min. can cause damage to the skin tissue.
- If you experience swelling – Apply Arnica cream/gel to the area or take oral Arnica to speed up healing.
- One side may heal faster than the other side. Swelling may also be uneven. It can take up to two weeks for all bruising and inflammation to subside.
- Lip Augmentation: Sometimes lips and mouths areas tend to swell. This is a histamine reaction. Taking Benadryl as directed on package will help to eliminate a histamine reaction.
- Keep well hydrated.

DERMAL FILLERS ARE NOT RECOMMENDED IF

- You are pregnant and breastfeeding.
- You have any major illnesses or are undergoing immunotherapy.
- You have multiple allergies or high sensitivity to medications, including but not limited to lidocaine.
- You have had dermal filler treatment within the last 2 weeks.

Lastly, thank you for choosing our office. I enjoy the art and science of dermal fillers and it is a privilege to provide this treatment for you.

For any non-emergency needs please call or text 503.805.3053

Warm Regards,
Robin Prusse, RN, BSN

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