DŌCERĒ

MEDICAL SPA & LASER CENTER

PRE & POST-INSTRUCTIONS

Injectables/Fillers

Pre and Post-Care Instructions for Dermal Filler Pre-Treatment Considerations: Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations.

Each time you are treated, outcomes may vary. To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 10 days prior to treatment, if approved by your primary care provider. This includes: aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, Vitamin E, ginseng, etc.

Alcohol is also to be avoided 24 hours pre- or post injectable treatment, as it is also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment).

*Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections.

Post-Treatment Instructions: Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.

Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism.

DO NOT APPLY ANYTHING TO THE SKIN UNTIL THE DAY AFTER TREATMENT: No cleanser, moisturizer, or makeup!

DO NOT massage, touch, or manipulate the injection site. Avoid heavy exercise the day of your treatment.

Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.

Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.

If experiencing swelling, sleep with head elevated to decrease swelling.
• You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.

Wait a minimum of two weeks (or as directed by your provider) before receiving any skin care or laser treatments.

If you experience any signs of infection please notify your healthcare professional immediately