



Dermal Filler Pre & Post Treatment Instructions

Pre-Treatment Care

To minimize any risks and side effects, we recommend that you:

- Avoid aspirin, ibuprofen, alcohol, or supplements such as fish oil, Vitamin E, garlic, ginseng, or ginkgo biloba for 2–3 days prior to treatment, as they may increase your risk for bruising
- Stay hydrated in the days leading up to your appointment. Hydration helps enhance volume, plumpness, improve results, and extend the longevity of your filler since many HA fillers bind with water molecules.
- Talk to your injector about any medications, supplements, or recent skin treatments or procedures you've had.
- If you are prone to cold sores, notify your provider before your appointment. A prescription such as Valtrex may be recommended to prevent an outbreak.
- Arrive to your appointment with clean skin

Post-Treatment Care

How you care for your skin after treatment is important. Follow the instructions below to minimize swelling, bruising, and to ensure the best results.

- Avoid significant movement or massage of the treated area for 2 weeks unless instructed by your clinician.
- Be gentle when cleansing or applying skincare. Dry your skin softly, do not rub.
- Avoid strenuous exercise for 24 hours after treatment.
- Avoid sun exposure or heat (including saunas or hot tubs) for 72 hours.
- Do not consume alcohol or salty foods for 24 hours to prevent prolonged swelling.
- Makeup may be applied after 24 hours. Avoid applying it the day of treatment.
- If advised by your clinician, you may use a cool compress or ice pack for 20 minutes every few hours to reduce swelling.

- Sleep face up with your head slightly elevated for the first few nights to limit movement of the filler and reduce swelling.
- You may take or gently apply arnica to help with bruising and swelling

Important Reminders

- Wait a minimum of 2 weeks before dental work, immunizations, laser treatments, or spa services.
- Dermal fillers last an average of 12–24 months depending on product and area treated.
- Schedule your next appointment at the time of treatment to maintain your results

Please call our office if you have any questions or concerns 404-832-0300