

ULTIMATE BEAUTY, HEALTH & WELLNESS

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DERMAL FILLER INSTRUCTION SHEET

Recommendations for a few simple guidelines and both pre and post-procedure. These can make the difference between a good result and a fantastic one. Results typically last 3-6 months, and longer in some cases.

PRE-TREATMENT INSTRUCTIONS

- 1. One week before exclude: Aspirin, NSAIDS (Advil, Aleve, etc.), flax oil, fish oil, and vitamin E because they increase bleeding.**
- 2. Avoid Chemical Peels and Laser 1 -2 weeks prior to Dermal filler treatment.**

POST-TREATMENT INSTRUCTIONS

Immediately after your procedure and for 24 hours you should avoid the following:

- 1. Strenuous Exercise**
- 2. Sun exposure/heat exposure/tanning beds**
- 3. Alcoholic Beverages**
- 4. Massaging/pressing areas treated**
- 5. Extreme cold temperatures**
- 6. 48 hours after your procedure you may begin taking any and all supplements.**

If Laser treatment, Chemical Peel or any other procedure is considered after Dermal filler treatment, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before and/or after Dermal filler.

PROCEDURE

- 1. This product is administered via syringe, or injection, into the areas of the face sought to be filled with the hyaluronic acid to eliminate or reduce the wrinkle and folds.**
- 2. An anesthesia, numbing medicine used to reduce the discomfort of the injection, may or may not be used.**
- 3. The treatment site(s) is washed first with an antiseptic (cleansing) solution.**
- 4. Dermal fillers are clear transparent gels that are injected under your skin into the tissue of your face using a thin gauge needle.**
- 5. The depth of the injection(s) will depend on the depth of the wrinkle(s) and its location(s).**
- 6. Multiple injections might be made depending on the site, depth of the wrinkle, and technique used.**

- 7. Following each injection, the injector should gently massage the correction site to conform to the contour of the surrounding tissues.**
- 8. If the treatment area is swollen directly after the injection, ice may be applied on the site for a short period.**
- 9. After the first treatment, additional treatments of dermal fillers may be necessary to achieve the desired level of correction.**
- 10. Periodic enhancement injections help sustain the desired level of correction.**

RISKS/DISCOMFORT

- 1. Although a very thin needle is used, common injection-related reactions could occur. These could include: some initial swelling, pain, itching, discoloration, bruising or tenderness at the injection site. You may take Benadryl, Claratin, or Zyrtec for itching and an NSAID such as Aleve (naproxen) or Advil (ibuprofen) for swelling.**
- 2. These reactions generally lessen or disappear within a few days but may last for a week or longer.**
- 3. As with all injections, this procedure carries the risk of infection. The syringe is sterile and standard precautions associated with injectable materials have been taken.**
- 4. Some visible lumps may occur temporarily following the injection.**
- 5. Some patients may experience additional swelling or tenderness at the injection site and in rare occasions, pustules might form. These reactions might last for as long as approximately 2 weeks, and in appropriate cases may need to be treated with oral corticosteroids or other therapy.**
- 6. Dermal Fillers should not be used in patients who have experienced the above mentioned hypersensitivity, those with severe allergies, should not be used in areas with active inflammation or infections (eg., cysts, pimples, rashes, or hives).**
- 7. Dermal Fillers should not be used in areas other than the tissue of the face.**