



Dermal Filler PrePostCare

Pre-Treatment Instructions:

- For optimal results and to minimize the chance of bleeding or bruising at the injection site, please avoid all aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc 1 week prior.
- If you take aspirin or other blood thinners on your doctor's advice or orders, do not stop taking your medication.
- Please notify us in advance if you have had any active infections, dental work, or vaccinations in the past two weeks.
- If you use a c-pap machine at night to sleep, you must receive a clearance from your primary care provider prior to treatment to be able to avoid using it for 3 nights after your procedure.
- Alcohol should be avoided 24 hours prior.
- If you have a history of cold sores, take an antiviral 48 hours prior to your treatment and the day of your session.
- The final decision to proceed with your treatment is at the discretion of Davam Aesthetics Providers. We care about your safety and comfort.

Post-Treatment Instructions:

- Bruising, swelling, tenderness, numbness, and firm nodules may occur after your treatment. Bruising will resolve in up to two weeks. You may consider taking Arnica, a homeopathic medication, for 2-5 days to help.
- If injected around your mouth, let your mouth rest for 24 hours. Your dermal filler may feel lumpy, As long as you cannot see the lump, do not worry. After 2 weeks, this will all settle in and you will feel fine. If however you see any irregularities, do not hesitate to follow up with Davam Aesthetics.
- For tenderness and discomfort, you may take acetaminophen/Tylenol every 4-6 hours. You may also apply ice for 15 minutes every couple of hours but do not press hard.
- Do not apply anything to the skin until the next day: No makeup, moisturizer, or cleanser.
- Everyone has different needs for dermal fillers. Also, keep in mind filler looks better with time. Give yourself two full weeks before making the final decision.
- It is recommended to sleep on your back with your head slightly elevated to help with swelling and prevent dispersing of product. Avoid sleeping on your side or stomach for 24 hours.
- Do not massage, manipulate, or touch the injection sites. Avoid strenuous exercise or activity for the remainder of the day, and any activity which raises your blood pressure, temperature, or heart rate.
- AVOID drinking alcohol for the minimum of 12 hours as this may contribute to bruising and/or swelling.
- AVOID dental work for two weeks prior and three weeks after filler injections.
- AVOID flying for 72 hours after dermal filler injections.
- We recommend you wait a minimum of 4 weeks before any skin procedures or laser treatments.
- **If you notice any dusky/white discoloration, severe pain, unusual bruising, redness, warmth/coolness, blisters, fever, chills, difficulty swallowing or smiling, please contact Davam Aesthetics immediately.**

**If you have any questions or concerns, please contact our office at
713.487.3010**

