



Derma Pre-Post Treatment Instructions

Pre-Treatment:

- If approved by your healthcare provider avoid all blood thinning medications including, but not limited to Aspirin, Advil, Aleve, Excedrin, Ibuprofen, Meloxicam, Indomethacin, Fish Oil, Vitamin E, Turmeric, Garlic, Ginkgo Biloba.
- Avoid alcohol for 3 days prior to treatment to minimize bruising
- Avoid caffeine the day of treatment to minimize bruising.
- Notify your provider if you have a history of cold sores. Prophylactic medication should be started 3 days prior if treatment is being performed around the mouth.
- You may take Tylenol (Acetaminophen) 1,000 mg 1 hour prior to treatment to help minimize discomfort.

Post-Treatment:

- Post-procedure swelling, redness and bruising, can last from a few hours to up to a week or more.
- Once the swelling and bruising go down results are seen right away, but it may take two weeks for the filler to fully settle in.
- Even though the results can last anywhere from four months to two or three years—depending on the fillers used and maintenance work—it's important to realize the limitations of injectables and fillers. While they can provide fullness, they can't lift or tighten sagging skin.
- Refrain from exposing to extremes of temperatures like sauna or skiing for 2 weeks.
- avoid large facial expressions, drinking from a straw, kissing, touching the treated area, and/or any vigorous activity for 6 hours following treatment.
- Advanced wrinkling cannot be reversed, and a minimal improvement is predictable in persons with drug, alcohol and tobacco usage.
- A follow-up visit will be scheduled in 2 weeks to evaluate the results of treatment.