



114 Altama Connector, Brunswick, GA 31525
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POST TREATMENT INSTRUCTIONS

Dermal Filler Treatment

DO NOT: Touch, press, rub, or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering, and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dental filler material. Irritation, sores, and post-operative complications, including scarring, are possible if you manipulate the dermal filler implants.

AVOID: Alcohol, caffeine, motrin, ginko biloba, garlic, flax oil, cod liver oil, Vitamin A, Vitamin E, fatty acids, niacin supplements, high sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.

AVOID: Vigorous exercise, sun, and heat exposure for 3 days after treatment.

DISCONTINUE: Retin-A 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause infection in the injection sites (pustules).

- One side may heal faster than the other side.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- It is highly recommended that you place Arnica oil on the injection areas for any bruising that might result.
- You must wait 2 weeks before any enhancements as the effects of the injections may take that long to show results.

*****Please report any redness, blisters, or itching immediately if it occurs after treatment. *****

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.

Patient Signature

Date