



BEFORE-AND-AFTER CARE INSTRUCTIONS FOR

Dermal Filler Injections

BEFORE:

- If you have previously suffered from cold sores, there is a risk that the needle punctures could contribute to another recurrence. Before your treatment, call us at 952-593-9310 for a consultation about medications that may minimize this risk.
- One week before treatment, avoid non-steroidal anti-inflammatory (NSAIDs) medications, St. John's Wort, and high doses of vitamin E supplements. These agents may increase bruising and bleeding at the injection sites.

AFTER:

- Immediately after Juvederm, Restylane, Perlane, or Belotero injections, the most commonly reported side effects are redness, swelling, and tenderness in the treated areas. These reactions are typical and resolve within two to three days.
- Do not touch the treated areas for six hours. After that, you may cleanse with mild soap and water.
- Until the initial redness and swelling have resolved, avoid intense heat exposure, such as indoor tanning or sunbathing.
- For six hours, avoid using cosmetics and moisturizers with active ingredients, such as alpha hydroxy acid (AHA), glycolic acid, beta hydroxy acid (BHA), and retinoids.

- If you want to wear makeup, only apply light, water-based types.
- Apply cold compresses immediately after treatment to reduce swelling. If the discomfort continues beyond two to three days, or if other reactions occur, please contact us at 952-593-9310.
- Avoid exercise and alcohol consumption for two days.
- Drink eight glasses of water throughout the day for two days.
- For one week after treatment, avoid nonsteroidal anti-inflammatory (NSAID) medications, St. John's Wort, and high doses of vitamin E supplements. These agents may increase bruising and bleeding at the injection sites.
- For seven to 10 days after dermal filler injections, avoid facials, facial waxing, AHA or glycolic peels, liquid nitrogen (dry ice), or laser treatments.
- After the swelling has subsided, gently massage with clean fingers if you feel or see any lumps in the treated areas.
- Evidence shows that having a follow-up treatment before the injectables have entirely dissipated may enhance the lasting effect. Please consult with us about timing recommendations for follow-up treatments.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL

952-593-9310