



Dermal Filler aftercare

DERMAL FILLER AFTER CARE INSTRUCTIONS

(We highly recommend you follow our pre and aftercare instructions which will be provided to you in your medical consult appointment)

1. Please do not travel 24-48 hours post procedure. This is to ensure the filler procedure is settling safely.
2. Avoid touching, rubbing or massaging the area for 12 hours after injection (massaging of any lump and bump should be done in clinic by the health care provider.
3. Avoid prolonged exposure to sunlight, UV, as well as extreme heat or cold for at least 2 weeks after treatment and until the initial swelling and redness have resolved.
4. If you have previously suffered from facial, or lip cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please notify the clinic immediately if this is the case.
5. If you are using aspirin or any similar medication prior to injections, be aware that these may increase bruising at the injection site. Avoid aspirin or anti inflammatory X1 week prior and X1 week post treatment unless recommended by your physician (Please refer to anti bruise sheet for a detailed list).
6. Please do not book any dental appointments for 2 weeks pre & post your Dermal Filler appointment unless it is urgent, please call the clinic to advise.

OTHER TIPS

- Sleep on your back for at least 1 night or 2 nights following cheek injections. Sleep with head slightly elevated for the first night.
- We recommend no teeth bleaching at least 1 month pre/post lip injection.
- We strongly recommend no makeup be worn for the first 12 hours after your treatment and will not be able to apply it at the clinic immediately after your procedure.
- Avoid high impact workouts for at least 48 hours following treatment.
- Increase your water consumption for at least 48 hours post treatment.
- Avoid alcohol X24 hours prior to and post treatment.

- Avoid chemical peels and facial laser treatments for 4 weeks post dermal fillers
- Avoid excessive mouth activities stretching or movement after lip fillers (such as singing, using a straw)
- Bruising, swelling, lumps and bumps, unevenness and pain at injection site can occur following treatment-please call the clinic if these symptoms persist

for more than a week. **Extreme pain is not common following any dermal filler procedure. Please call the clinic or our after-hours emergency number (403-437-3690) to notify staff immediately.**

It is not uncommon to be tender over the entire injected area for several days after the treatment, especially with facial expressions or even kissing.

- A 2-week follow-up appointment will be required.
- If you are concerned about anything you are experiencing post treatment, please call the clinic at (403) 453-0122 as soon as possible.
- If you desire additional volume we will not reinject the same area sooner than one month post treatment. Any additional product will be at your own expense.

For After Hour support or unusual symptoms such as pain, rash, itchiness, discoloration or swelling please call our after hours contact number (403) 437 3690 .

If this is a URGENT medical emergency, please call 911.

Patient Name:_____

Date:_____

Signature:_____