



Dermal Filler Pre/Post Care

General Recommendations For Dermal Fillers:

- Avoid fillers if you are pregnant or breastfeeding, or allergic to any ingredients.
- If you have a history of cold sores, there is a risk that needle pricks could activate a recurrence of cold sores. Please advise your practitioner if you are prone to cold sores or herpes simplex infections so she can prescribe an oral medication called Valtrex to be started prior to your appointment.
- Avoid dental procedures or cleanings 2 weeks prior and 2 weeks after filler injections.
- Avoid CoVax or other vaccinations 2 weeks before and 2 weeks after a filler treatment.
- Please notify us in advance of your appointment if you have an active infection (such as dental infection, ear infection, sinusitis, urinary tract infection)
- Please be sure to share with us your current medications and supplements, and history of allergies
- We need to know about your previous cosmetic treatments and surgeries.
- Tell us if you are on immunosuppressive medication.

Pre-Care Tips To Follow For Your Filler Appointment:

Follow this guideline BEFORE each treatment

One week before your filler appointment:

- Avoid Aspirin (ASA, baby aspirin), Advil, Motrin, Aleve, Ibuprofen
- Avoid supplements including Omega 3 (fish oil capsules, flaxseed oil, chia, and hemp seeds), Vitamin E, Ginkgo biloba, garlic, ginseng, ginger, St John's wort
- Avoid alcoholic beverages 24-48 hrs prior to your treatment
- Avoid Green tea (herbal and black tea are fine)
- If you need pain medication in the week before your filler treatment, use Tylenol (acetaminophen) if possible



48 Hours Prior To Your Filler Appointment:

- Stop anti-aging skincare products containing Tretinoin (Retin-A, Steivaa), Retinol, Retinoid, Glycolic Acid, or other exfoliating agents (clients varies)
- Do not shave, wax, thread, pluck or use depilatory cream on the area to be treated
- If you are prone to bruising consider taking Arnica or eating fresh pineapple (contains bromelain which may reduce bruising)

Day of Treatment

- Arrive with your face washed, and without makeup
- A topical numbing cream may be applied for your comfort
- Please have something to eat and drink prior to arriving so you are not on an empty stomach
- Relax! We've got you covered!

Post-Care Instructions After Your Filler Appointment:

Follow this guideline AFTER each treatment

- In general, dermal filler is easy to tolerate.
- Do not rub, touch, wash or massage the treated area for 4 hours
- Avoid strenuous exercise for 24 hours after filler injections, as it can trigger bruising
- Avoid blood thinners and alcoholic beverages for 24-48 hours after treatment to avoid bruising
- Avoid intense heat the day of treatment, including hot yoga, hot tubs, tanning, facials, or a massage the day of your filler treatment
- Sunscreen and makeup may be gently applied 4-6 hrs following injections
- You may have some redness or swelling the day of your procedure
- You may have some firmness (depending on the product used and the area injected). Remember, the filler is like an implant made of jelly. The firmness typically resolves in 2 weeks. Some asymmetries are possible after injection which is due to the tissue swelling .

Please Notify Us If:

- You have severe or increasing pain, increasing redness or hot to touch in the treatment area.
- You have blanching in the treated area



- You have blotchy discoloration away from the injected areas
- You have fever or chills

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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