

DERMAL FILLERS

PRE & POST CARE

WHAT TO EXPECT

- Mild redness and swelling at injection site is normal for a 3-14 days.
- Redness / bruising are possible after the injection. In case of any excessive swelling/redness or bruises, please contact your provider.
- You may have a mild headache for 24 to 48h post-treatment (alternatively some patients may find headache relief with treatments).
- Noticeable results tend to begin 4 days after treatment and peak between at 14 days.
- A follow-up appointment is encouraged at 2weeks to allow for an assessment of the treatment effect.



***If you should experience any signs of infection (abnormal redness, swelling, oozing, fever, heat, pain), blistering, scarring, or other complications, please contact us at (647) 615-0223 or email us at info@rejuvenusclinic.ca**



PRE-PROCEDURE INSTRUCTIONS

- Avoid alcohol 24 hours prior to appointment
- Avoid blood thinners, anti-inflammatory medications (e.g. Advil/ Aleve), and anti-platelet medications 24h days prior*
- Avoid retinol for 48 h prior



POST-PROCEDURE INSTRUCTIONS

- Avoid restrictive clothing/accessories that may put pressure or friction on treated area (glasses, jewelry)
- Avoid significant movement, touching, or massaging of treated area. (unless otherwise instructed by your provider)
- For 24-72 hours avoid strenuous exercise, make-up, extensive sun/heat and alcohol to prevent swelling, or infection.
- If you experience swelling apply a cool compress for 15 minutes each hour and try to sleep slightly elevated, face up.
- Apply Arnica to help with bruising & swelling (begin at least 2 days prior to injections.)
- Gently clean the area twice daily with mild soap; aloe can be used. Avoid chemical soaps, lotions or irritants until all redness/ swelling resolves.
- Avoid taking over-the-counter blood-thinners such as Aspirin, steroidal anti-inflammatory medications St. John's Wort, or high doses of vitamin E supplements for one week after treatment.
- Use Tylenol for discomfort if approved by the provider.
- Noticeable results are immediate but improvement will continue for 2 weeks. Results are dependent upon the area treated and the type of filler used, but generally last between 6 and 18 months.
- Return for your next appointment as soon as you begin to notice that the filler is beginning to dissolve in the treated area and/or you desire further correction or enhancement.

*Prescribed medication may only be discontinued by prescriber

