



## AESTHETICS & WELLNESS

### DERMAL FILLER PRETREATMENT

- ❖ Please let us know of any new medication or If you are taking any herbal supplements.
- ❖ Avoid alcohol 24 hours before treatment due to risk of bruising and impaired judgment
- ❖ Notify your provider if you have, as these are contraindications to treatment:
  - A history of anaphylaxis
  - Taking any immunosuppressive medication
  - If you are pregnant, could be pregnant or if you are nursing
- ❖ Active infection in the area of treatment is also a contraindication to treatment.

Medications to discontinue 3 days before treatment (7 days if time allows):

- |   |  |
|---|--|
| <input type="checkbox"/> Aspirin                          | <input type="checkbox"/> Vitamin E     |
| <input type="checkbox"/> Ibuprofen (Motrin, Advil, Aleve) | <input type="checkbox"/> Ginger        |
| <input type="checkbox"/> St. John's Wort                  | <input type="checkbox"/> Ginkgo Biloba |
| <input type="checkbox"/> Omega 3 fatty acids (Fish Oil)   | <input type="checkbox"/> Ginseng       |

If you have been prescribed aspirin or any prescription blood thinner, do not discontinue unless permitted by your prescribing physician.

Notify your provider if you have a history of oral herpes simplex virus or cold sores. Pre-medication 3-5 days in advance is recommended.

### DERMAL FILLER POSTTREATMENT

- ❖ Apply ice if you are experiencing discomfort
- ❖ Avoid strenuous exercise for 24 hours after treatment
- ❖ Avoid sun exposure for 24 hours after exposure
- ❖ Avoid alcohol 24 hours after treatment
- ❖ Avoid rubbing or manipulating the treated area for 24 hours after treatment.

Possible side effects (can last up to 7 days):

- ❖ Although we take measures to avoid bruising, bruising may occur. Bruising will be minimal.
- ❖ Swelling usually lasts two to three days. To minimize swelling:
  - Apply cold Swelling: You will notice most of the swelling the first morning after treatment, particularly under the eyes compresses to the treatment area for 10 minutes every hour
  - Sleep elevated the first night. Use several pillows for elevation
  - If you are a stomach sleeper, try to sleep on your back the first night
  - Take Arnica Montana and/or Bromelain supplements, which can be found at your local pharmacy or herbal supplement store.
- ❖ Lips: The initial swelling after treatment to the lips may last longer. Some patients experience swelling for up to a week and the lips can look somewhat 'uneven' during this time. After the swelling has subsided, you will be able to see your true results. It takes time for hyaluronic gels to balance with your skin's own water content.
- ❖ Redness: You may apply makeup immediately after treatment to minimize the redness.
- ❖ Tenderness/Pain: You may take Advil or Tylenol if necessary.

Contact Aria Aesthetics & Wellness with any questions or concerns that you may have. [info@arianc.com]