bare
MEDICAL SPA + LASER CENTER

DERMAL FILLERS PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- Always inform your clinician of all medications you are taking. If there are any updates to your medical history, please let us know.
- Avoid strenuous exercise the day of injections.
- Inform your clinician if you have a history of cold sores (HSV I) to receive advice on antiviral therapy prior to the treatment. If you are currently having an outbreak please call and reschedule your treatment until after the outbreak has resolved.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- For 1 week prior to treatment, please avoid the following medications that may increase the risk of bleeding and/or bruising: Aspirin, Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Excedrin (all OTC pain pills except Tylenol), Vitamin E, gingko biloba, Omega-3 fatty acids, niacin supplements, cod liver oil, CoQ10, garlic and ginger.
- If you are taking any blood-thinning medications as per doctor's orders (such as Coumadin, Warfarin, Plavix, Lovenox, Eliquis), do NOT discontinue without first consulting the prescribing physician. If you continue to take these medications the chances of developing an injection-related hematoma (blood clot) are higher. This hematoma can leave a dark spot if it becomes entrapped around the injected filler. The dark spot may remain until the filler is naturally dissolved.
- Discontinue Retin-A two days before and two days after treatment.
- Sunburned skin is difficult to treat so avoid exposure to the sun.
- **Avoid** alcohol for 48 hours before and after your treatment, as this may cause additional bruising and/or swelling.
- Arrive for your appointment wearing no makeup if possible. You will be able to apply makeup after your treatment, although we recommend waiting at least 24 hours.

POST-PROCEDURE INSTRUCTIONS

- Apply cool compresses to the area treated as this helps reduce swelling and the potential for bruising (avoid heavy pressure and ice/frozen packs directly on the skin).
- You may begin wearing makeup once you have adequately cooled/iced the area, as instructed and any pinpoint bleeding from the injection site has subsided. Mineral makeup works well.
- It is common to be more swollen in the morning and this will decrease as the day goes by. For the first 7 days it is very important to sleep with an extra pillow to keep the head slightly elevated and **sleep on your back** with a pillow on each side.
- **Do not rub or massage** the treated area today. When cleansing your face or applying make-up, use gentle, sweeping motions to avoid excessive mobility of the area.
- **Avoid** excessive movement of the treated area/s for the first few hours and up to 2-3 days.
- **Avoid** strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities/routines immediately.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort. **Avoid** aspirin or ibuprofen products as they may increase your potential to bruise.
- **Avoid** excessive cold, or extended UV exposure until any redness/swelling has subsided. Apply an SPF 30 or higher sunscreen to the treated area. Your practitioner will discuss any other skin care products to avoid.
- Arnica is an herb that may reduce swelling and bruising. It comes in a gel that can be applied directly to the treated area, or tablets that can be taken orally. Follow the directions on the manufacturers label.
- We recommend you wait a minimum of 2 weeks before receiving any skincare or laser treatments.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 2** to be connected to our answering service. **For a true medical emergency, call 911**.

PATIENT SIGNATURE | PRINT NAME | DATE