

Dermal Filler Pre & Post Care Treatment & Instructions

- Avoid taking aspirin, non-steroidal anti-inflammatory medications (Aleve, Advil, etc.), St. John's Wort, garlic supplements, and Ginkgo one week prior to the treatment and 48 hours after the treatment to decrease the risk of bruising and bleeding at the injection site.
- Common symptoms include temporary redness, swelling, and tenderness to the treated areas. These symptoms are all normal and do resolve within 2-3 days.
- Until the temporary redness and swelling have resolved, avoid exposure of the treated area to heat (tanning, outdoor activities, working out).
- Arnica cream can be applied topically to help reduce bruising.
- Cold compresses may be used immediately after treatment to help reduce swelling. To avoid movement of the filler placement, do not push compress too hard against treatment area.
- Do not touch or mold the treated area within 6 hours following the treatment. Apply make-up lightly.
- It is recommended to sleep on your back for the first 2-3 nights.
- Avoid exercise, alcohol, and extremes of hot and cold for 24 hours post injection.
- Drink water throughout the day (recommended daily intake of 8 glasses).
- Avoid facial treatments, facial waxing, Glycolic or AHA peels, or laser treatments for 7-14 days after your injection.
- If you notice any lumps area after the swelling has subsided, gently massage the area with clean fingertips.

Warning: Moderate swelling immediately post treatment is normal. If excessive swelling or signs of infection occur, please contact the office immediately (513-791-9474). Signs of infection include:

- Drainage that looks like pus
- Increased warmth in the treatment area
- Significant tenderness or pain in the treatment area
- Fever of 101.5 or greater

**If this is your first time being injected, please follow the steps below to start obtaining reward points. Reward points can be cashed in for money off subsequent treatments. **

____ Brilliant Distinctions

1. www.brilliantdistinctionsprogram.com
2. Click "Become a Member"
3. Once signed up, call the office at 513-791-9474 or email info@yourwellnesscenter.com with email subject as "Brilliant Distinctions" and provide member ID #
4. Download the App on your cell phone to track your reward points for future visits
*You will not start to earn reward points until you have signed up and your provider has documented your treatment.

____ Aspire

1. www.aspirerewards.com
2. Click "Join Now"
3. Once signed up, call office at 513-791-9474 or email info@yourwellnesscenter.com with email subject as "Aspire Rewards".
4. Download the App on your cell phone to track your reward points for future visits.
*You will not start to earn reward points until you have signed up and your provider has documented your treatment.