

DERMAL FILLER INSTRUCTION SHEET

Recommendations for a few simple guidelines and both pre and post-procedure. These can make the difference between a good result and a fantastic one. Results typically last 6-9 months, and longer in some cases.

PRE-TREATMENT INSTRUCTIONS

1. One week before exclude: Aspirin, NSAIDS(Advil, Aleve, etc.), flax oil, fish oil, and vitamin E because they increase bleeding.
2. Avoid Chemical Peels and Laser 1 –2 weeks prior to Dermal filler treatment.

POST-TREATMENT INSTRUCTIONS

Immediately after your procedure and for 24 hours you should avoid the following:

1. Strenuous Exercise
2. Sun exposure/heat exposure/tanning beds
3. Alcoholic Beverages
4. Massaging/pressing areas treated
5. Extreme cold temperatures
6. 48 hours after your procedure you may begin taking any and all supplements.
7. If Laser treatment, Chemical Peel or any other procedure is considered after Dermal filler treatment, the risk of eliciting an inflammatory process may be possible.
8. Consider such treatments 1 week before and/or after Dermal filler.
9. After treatment, if you have any questions, concerns or experience any problems, please call Trifecta Med Spa office at **(212) 600-4112** (Downtown NYC) or **(516) 792-0800** (Long Island)