



PROCEDURE INSTRUCTIONS

Dermal Fillers (Restylane, RHA, Versa)

BEFORE

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil, Motrin, Nuprin, Aleve, Celebrex, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for at least 7-10 days before your appointment.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, preemptively begin taking medicine a week prior to treatment to prevent an outbreak. Treatment is delayed/canceled if you have an active outbreak or open wound.
- Avoid dental procedures (including cleaning) 2 weeks pre filler and 2 weeks post filler.
- Stop alcohol 24 hours prior to treatment to minimize bruising.

AFTER

After receiving dermal filler treatment DO NOT do any of the following:

- DO NOT perform any heavy lifting or strenuous exercise after the injections for 24 hours.

- DO NOT massage or manipulate the injection site for 48 hours after the injection.
- DO NOT receive any skin care (facials, massages, dermaplaning) or laser treatments for 2 weeks.
- DO NOT apply makeup the day of the injections for 24 hours.
- If you consume alcohol beverages or take Ibuprofen, Aspirin, or Tylenol after injections, as it increases your chances of bruising and swelling.
- Avoid smoking cigarettes or marijuana as the product (especially lip fillers) can dissolve in as little as a few weeks to a month.

WHAT TO EXPECT

Bruising at the treatment site will occur. Temporary, minimal to moderate swelling is expected and can last up to 2 weeks and in some cases 4-5 weeks. The treated area may look uneven, or even lumpy (mainly due to swelling) for the first 10-14 days. It is normal to experience some tenderness at the treatment site that may last a few hours, or even a couple days. Also, it is normal to feel a “firmness” in your treated area for the first few days. Bumps and lumps will integrate into the tissue within 2-3 weeks.

The Art of Beauty

(770)344-7926

info@theartofbeauty.us