

LASER AESTHETICS CAPE COD

DERMAL FILLERS POST - TREATMENT INSTRUCTIONS

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

- Do NOT touch, press, rub or manipulate the implanted areas for 6 hours after treatment. You can cause irritation, sores, and/or problems, possible scarring if you do.
- AVOID Aspirin, Motrin, Gingko Biloba, Garlic, Flaxseed Oil, Cod Liver Oil, Omega-3's or any other essential fatty acids, Vitamin A or Vitamin E for at least 3 days after treatment.
- AVOID: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, cigarettes 24-48 hours after your treatment.
- Avoid vigorous exercise and Sun and Heat exposure for 3 days after treatment. No swimming for 24 hours after your treatment.
- Discontinue Retin-A for 2 days after treatment. It is best to wear no make-up or lipstick until the next day. Earlier use can cause pustules.
- Avoid any dental treatments or surgeries for at least 2 weeks before and after your treatment.
- One side may heal faster than the other side.
- Vitamin K cream may be used to reduce bruising as well as Arnica cream. Arnica Montana tablets are another homeopathic remedy utilized to reduce bruising.
- You may use ice after your treatment, gently apply to treated areas for 10 minutes on, 10 minutes off for the next 24 hours as needed.
- You must wait 2 weeks before retreating or correction.

Please report any redness, blisters, or itching immediately if it occurs after treatment.

I certify that I have been counseled in post treatment instructions and have been given the written instructions as well.

Patient Signature _____ **Date** _____