

DERMAL FILLER

PRE & POST CARE TREATMENT

1. If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
2. Guest should not schedule any invasive procedures for 2 weeks before or after treatment. These include but are not limited to:
 - o Dental cleaning or dental work
 - o COVID Vaccine or Flu Vaccine
 - o Surgery of any kind
 - o Internal device placement
 - o Tattoo or permanent makeup
3. It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
4. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
5. If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.
6. If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
7. It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.
8. It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

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POST-TREATMENT INSTRUCTIONS

1. Do NOT, touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. This can cause irritation, sores or possible scarring.
2. Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
3. Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
4. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
5. Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
6. Avoid cosmetic treatments such as laser, ultrasound, peels, facials or micro-dermabrasion for 2 weeks after treatment.
7. Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
8. Please report to your provider immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
9. Ice the treated areas for the next 24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
10. Please remember one side may heal faster than the other side.

Please call/text us at 619 692 9300

AND email photos to patients@beautyandbodylounge.com

with any concerns



LIP FILLER

PRE & POST CARE INSTRUCTIONS

In order to reduce the amount of bruising and swelling at the injection site, Beauty & Body Med Lounge the following recommendations about how to prepare for fillers:

One Week Prior to [Lip Injections](#)

- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve.

2 Days Prior to Injections

- Avoid topical products such as Tretinoin (Retin-A), Retinol, Retinoids, Glycolic Acid, or any “anti-aging” products.
- Avoid waxing, bleaching, tweezing, or using hair removal cream on the area to be treated.

24 Hours Prior to Injections

- Do not drink alcoholic beverages 24 hours prior.

General Recommendations

- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let your physician assistant know if you are prone.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any ingredients, or suffer from neurological disorders. Please inform us if you have any questions about this prior to your treatment.

THE DAY OF TREATMENT

- Arrive at the office with a “clean face”—washed and without makeup.
- In order to maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.

LIP FILLER

PRE & POST CARE INSTRUCTIONS

WHAT TO DO AFTER FILLERS: THE FIRST HOUR

- Apply an ice pack, optional.
- Take acetaminophen to reduce pain as necessary.
- Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.

HOW TO REDUCE SWELLING AFTER LIP INJECTIONS

6 to 10 Hours After Treatment

- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax.
- If there is a visible bump, you can massage the area. Depending on the areas treated and the product used, you may feel "firmness." These areas will soften and settle with time (usually 1-2 weeks).
- Sunscreen and makeup can be applied, and you may use a gentle cleanser on the area.

HOW TO REDUCE BRUISING AFTER FILLERS

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.

IMPORTANT LIP FILLER AFTERCARE NOTES

PLEASE CONTACT US IMMEDIATELY IF YOU:

- Have fever and/or chills
- Have discolored blotches in areas not injected
- Have blanching of injected areas
- Notice the area appears red and/or hot to the touch
- Have severe or increasing pain

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