



## EFFULGENT MEDICAL AESTHETICS & WELLNESS

### **DERMAL FILLER TREATMENT:**

#### **BEFORE YOUR APPOINTMENT**

- Avoid aspirin, ibuprofen, vitamin E and alcohol for 7 days before treatment.
- You may wish to use over-the-counter naturopathic treatments such as arnica to prevent bruising.

#### **THE DAY OF YOUR APPOINTMENT**

- If possible, arrive without creams or make-up on the treatment area. Otherwise please arrive 10 minutes prior to your appointment in order to clean the skin. Cleansing products are available for your convenience.
- Pre-treatment photos will be taken.
- The treatment areas will be wiped with alcohol.

#### **AFTER YOUR APPOINTMENT**

- When filler containing anesthetic is used, the anesthetic effect may last for 2-3 hours.
- Anesthetic may cause some temporary swelling where injected, but this will clear over a few hours.
- Do not apply pressure to or massage the treatment area.
- Pinpoint bleeding may occur and will resolve quickly.
- Any immediate redness will subside within an hour and may be covered with makeup. We would be happy to offer an application of our mineral makeup post treatment.
- Rarely, patients may develop mild bruising and or sensitivity around the injection site. This will resolve within 7-10 days after treatment. Apply cold compresses as desired.

#### **WHAT TO EXPECT**

- The injection sites may be tender and appear puffy for up to 7-10 days.
- Once the initial swelling has decreased, if the overall result is less than the desired correction, please contact our office for immediate follow-up treatment.
- The injected area may feel lumpy for to a week after injection, if prolonged lumps occur, the clinic would like to see you for follow-up.
- If you experience any prolonged symptoms or an increase in discomfort or swelling the clinic would like to see you for immediate follow-up.

**If you have any questions or concerns, please contact us at 970-343-6933.**