LAVISH WELLNESS & WEIGHT LOSS

# DERMAL FILLER INSTRUCTIONS

*Pre-Treatment Preparation & Post-Care Protocol*

*Please remember that aftercare is under your control and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to these recommendations:*

## BEFORE YOUR DERMAL FILLER INJECTION

- **Avoid Alcohol:** Do not consume alcoholic beverages for at least 24 to 48 hours prior to your treatment to reduce bruising risks.
- **Nutrition & Preparation:** Eat a healthy meal before arriving to minimize lightheadedness. Avoid caffeine prior to your appointment for greater comfort. Arrive with a freshly washed face without makeup.
- **Pregnancy & Breastfeeding:** Dermal fillers have not been studied in pregnant or breastfeeding patients. It is your responsibility to inform our staff of your status and reschedule if applicable.
- **Common-Sense Caution:** If you have social or occupational commitments that preclude proper recovery time, please kindly reschedule your appointment.

## AFTER YOUR DERMAL FILLER TREATMENT

- **Immediate Touch Restrictions:** Avoid touching, applying pressure to, or manipulating the treated area(s) for at least 12 hours. Do not apply makeup for at least 45 minutes after injections.
- **Normal Sensation & Softening:** Firmness at the injection site is normal for the first few days up to 2 weeks. Over time, the filler softens for a smooth, natural result. Contact us if persistent lumps or irregularities occur.
- **Lip Filler Specifics:** Minimize mouth movement (excessive chewing, oral activities) for 24 hours to allow lip product to settle evenly.
- **Physical Activity & Exfoliation:** Avoid heavy lifting, straining, or vigorous exercise for at least 12 hours. Do not use vigorous face scrubs or aggressive exfoliation on the treated area for 72 hours.

**CRITICAL MEDICAL ALERT: VASCULAR SAFETY NOTICE**

With dermal filler injections, there is a small risk of product entering a blood vessel, which reduces blood circulation to the skin and can lead to tissue damage.

**Seek Immediate Care If:** You experience significant, sharp pain, or if the skin develops a purple, lacy ("poured wine") pattern, mottled/dusky appearance, or small pustules. **Go immediately to the nearest emergency department and notify our provider without delay.**

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*Recovery, Swelling & Contact Information*

## MANAGING DISCOMFORT, SWELLING & BRUISING

- **Discomfort Management:** Mild discomfort, bruising, and swelling resolve within 72 hours. You may take over-the-counter Tylenol for discomfort, but avoid blood-thinning medications like Aspirin or Advil.
- **Ice Pack Usage:** Intermittent ice pack application reduces swelling and bruising. *Never apply ice directly to bare skin* and limit application to no more than 5 minutes at a time.
- **Sleeping Elevation:** Sleep on your back with your head slightly elevated for 24 to 48 hours post-treatment to minimize swelling and fluid accumulation.
- **Avoid Side/Stomach Sleeping:** Do not sleep on your face or sides for the first 48 hours. Pressure on the face during sleep can alter or manipulate the filler placement before it fully settles.
- **Bruising:** Small bruises are normal and temporary. Once permitted (45 minutes post-procedure), makeup or concealer may be applied over the area. Bruises will clear in a few days.
- **Skin Care:** Mild skin dryness or itching can occur post-treatment due to skin cleansing. Apply a gentle moisturizer of your choice to soothe the skin.

### PATIENT CARE & COMMUNICATION

The most important person at **Lavish Wellness & Weight Loss** is you, the patient! We are 100% committed to giving you the perfect treatment experience.

**Clinical Enquiries & Appointments:** Please notify our clinical staff immediately at **(951) 729-3994** with any medical questions or concerns. Feel free to schedule an in-person follow-up evaluation.

**Medical Emergency:** In case of an emergency or signs of vascular occlusion, please visit the nearest emergency room immediately.

**Reviews:** Let us know how we're doing by leaving a review on Google, Yelp, or Facebook!