

THE RETREAT

RESTORATIVE & AESTHETICS

POST TREATMENT INSTRUCTIONS Dermal Filler Treatment

DO NOT: touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. You can cause irritation, sores, and/or problems, and possible scarring if you do.

AVOID: Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A., Vitamin E, or other essential fatty acids 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, and cigarettes 24-48 hours after your treatment.

AVOID: Vigorous exercise and sun and heat exposure for 3 days after treatment.

DISCONTINUE: Retin-A 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.

One side may heal faster than the other side.

You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.

You must wait 2 weeks before any enhancements.

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 written instructions as well.

Patient Signature

Date