

Pre/Post-Injection Advice for Dermal Fillers

To minimize your risk of potential side effects or possible complications please follow the pre/post-injection advice:

Pre-Injection:

- Do not consume alcohol containing beverages for at least 24 hours prior to your treatment as the consumption of alcohol may thin the blood and increase risk of bleeding/bruising.
- Avoid anti-inflammatory and other blood-thinning medications if possible for a period of 5-7 days prior to treatment. Included but not limited to the following

medications/supplements: aspirin, vitamin E, ginkgo biloba, ginseng, St. John's wort, Omega 3/Fish Oil, ibuprofen, Motrin, Advil, Aleve and other NSAIDs have a blood-thinning effect and can increase the risk of bleeding, bruising and swelling after injections.

- Avoid all antibiotic therapy in the drug classes of amino-glycosides and fluoroquinolone for at least 2 weeks prior to and after treatment with tox.
- Schedule your Botulinum Toxin or Dermal Filler appointment AT LEAST 2 weeks (for tox) and 4 weeks (for filler) prior to any special/major event you plan to attend as it may take this length of time for

bruising/swelling to resolve and for the product to take full effect.

- If receiving dermal filler & you have a history of cold sores/HSV1/HSV2, contact the Beauty Mark., LLC for instructions on pretreatment intervention/advice.
- Reschedule your appointment if you have onset of new rash, cold sore or acne/infection in the area planned to be treated within 48 hours prior to scheduled appointment time.
- Eat prior to your appointment and drink 64 ounces of water daily for at least 3 days prior to my scheduled treatment date as this will decrease your chances of

feeling faint or lightheaded during your treatment.

Post-Dermal Filler Advice:

- Post-procedure clients can expect swelling, redness, and bruising, which can last from a couple of days up to 3 weeks after filler injections.
- Once the swelling and bruising resolve, clients will be able to see the results right away, but it may take a 2-4 weeks for the filler to fully settle and integrate with your tissue, for you to know exactly what your final results will be.
- Even though the results can last anywhere from 4-24 months depending

on the fillers used, maintenance work, and intrinsic/extrinsic aging factors - it is important to realize the limitations of injectables and fillers. While they can provide fullness and volume, they do not tighten the skin.

- Avoid large facial expressions, drinking from a straw, vigorously kissing, touching the treated area, and/or any vigorous activity/exercise for 6 hours following treatment.
- Advanced wrinkling is extremely difficult to reverse, and minimal improvement is usually to be expected.