**Dermal Filler Pre-& Post Treatment Plan**

Patient: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pre-Treatment Instructions:**

To decrease bruising, take Arnica Montana 12C (under the tongue) 3 times a day for 2 days prior to injection, then continue for 5 days after treatment. Arnica cream can be applied topically for facial bruising post treatment. Bromelain capsules 500mg 1 time a day for 7 days prior and 7 days post treatment.

If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another reoccurrence. Speak to your medical provider about medications that may minimize a reoccurrence.

Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John’s Wort, garlic supplements, Gingko Biloba, and high doses of vitamin E supplements for one week before treatment and 48 hours after treatment to reduce the risk of bruising and bleeding at the injection site. Refrain from drinking alcohol 24 hours before treatment and 24 hours post treatment.

Inform us of any changes in your medical history since your last visit.

**Post Treatment Instructions:**

 Immediately after treatment, the most commonly reported side effects are temporary redness, swelling and tenderness to the treated areas. These reactions are normal and do resolve within two to three days.

Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond two to three days or if other reactions occur, please contact your medical provider.

Avoid touching the treated area within six hours following the treatment. After that, the area can be gently cleaned with soap and water.

Until the initial redness and swelling have resolved, avoid exposure of the treated area to intense heat (sun tanning, outdoor gardening, working out)

Avoid using cosmetics, moisturizers and active products containing AHA (alpha Hydroxyl Acids/Glycolic), BHA (Beta Hydroxyl Acids), or Retinoid gels or creams on the treated area for six hours.

Avoid exercise, alcohol and extremes of hot and cold for 24 hours’ post-treatment.

Drink water regularly throughout the day (approximately 8 glasses is recommended daily)

Do not have facials, facial waxing, Glycolic or AHA peels, Liquid Nitrogen (dry ice) or laser treatments for 7 to 14 days after an injection with a Dermal Filler.

Do not treat with Voluma XC a minimum of 4 weeks prior or post dental procedures.

Should you feel or see any lumps in the treated areas once the swelling has subsided, it is recommended that you gently massage the area carefully with clean fingers.

Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your medical provider about recommendations for follow-up treatments.

If you have any questions or concerns, please do not hesitate to contact our office at:

314-285-0337.

 Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Aesthetic Provider:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Jennifer M.McElfresh, M.S.N., ANP-BC