



### **Lip & Dermal Filler Pre-Treatment Instructions**

3 days prior to your treatment it is recommended you avoid blood thinning medications such as Advil, ASA, Omegas / Fish oils, Garlic, Vitamin E.

Please avoid alcohol for 24 hours before your treatment. This will thin your blood making you more prone to bruising. Don't worry, if you have a glass of wine the night before it's okay! You're just more likely to bruise.

Drink lots of water before and after to stay hydrated and prevent swelling.

Please have a good breakfast or snack before your appointment.

### **Lip & Dermal Filler Post Treatment Instructions**

1. Cold compresses (a clean cloth dipped in cold water, cold pack wrapped in a towel) may be applied immediately after treatment to reduce any associated swelling. Cold compresses can be used in the few days following treatment and should be applied in 10 minute intervals only (10 minutes on/10 minutes off)
2. Immediately following treatment, there may be mild redness, swelling, tenderness and/or itching at the treated site. This is a normal result of the injection. The inconvenience of any side effect is temporary and generally disappears within 1-2 days.
3. Avoid touching the treated area during the first 6 hours following your treatment to avoid accidentally injuring the skin while it is numb. After the first 6 hours, the treated area can be gently washed with soap and water.
4. Avoid exercise for at least 12-24 hours after treatment.
5. Avoid exposure of the treated area to intense heat (sauna, hot tub, sunbathing) for at least 6 hours to decrease the risk of bruising and swelling.
6. You may experience some mild to moderate bruising and/or swelling which can last 5-10 days. If you are prone to bruising you can take natural Arnica homeopathic medication to help decrease the bruising and swelling.
7. If you have previously suffered from facial cold sores, there is a risk that the needle punctures may contribute to a recurrence. Medications can be prescribed to help minimize an outbreak.

8. Avoid taking NSAIDS (non-steroidal anti-inflammatory medications) such as Aspirin, Advil, Motrin or Aleve, St. John's Wort, or high doses of Vitamin E supplements for 1 week following treatment, if possible. These agents may increase bruising and bleeding at the injection. Be aware that alcohol can have a similar effect, therefore, monitor your alcohol consumption during the days surrounding your treatment.
9. Please be sure to contact Cailynn Bateson if you experience any side effects lasting longer than 14 days.

**If you have any questions or concerns, please contact Cailynn at the Bateson Beauty Bar**

**c: 519-429-0815**

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