

AFTERCARE & ADVICE FOR YOUR DERMAL FILLER APPOINTMENT

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PLASTIC SURGEON

ESSENCE ALS MED SPA

PREPARE:

- 14 DAYS BEFORE - Avoid anything that causes skin irritation (e.g. chemical peels, micro-dermabrasion, laser treatments etc.)
- 7 DAYS BEFORE - Avoid blood thinning medications like ASA (aspirin), ibuprofen (e.g. Motrin, Advil), naproxen (Aleve), herbal supplements (e.g. garlic, ginseng, ginkgo biloba, St. John's Wort, omega-3, and vitamin E)
- 24 HOURS BEFORE - Do not drink alcohol

WHAT TO EXPECT: Dermal fillers contain hyaluronic acid injected to improve shape, proportion, lines, or wrinkles.

- Due to the lidocaine in the filler, you may feel numbness or tingling immediately after the procedure
- You will likely have swelling, temporary bumps, redness, bruising, tenderness over the treated areas
- Some people experience a dull ache, and continued tenderness, which subsides between 2-3 days
- Mild, non-painful swelling can last for two weeks
- Bruising is usually visible and most obvious the day after, then gradually fades over 7-14 days
- Some rare bruising may last longer than two weeks

AFTER, TO PROTECT YOUR RESULTS AND REDUCE SIDE EFFECTS:

1. Keep the area cool with a cold compress
2. For 90 minutes after treatment, do not apply makeup over the injected area (risk of infection)
3. Only touch the injected area with clean hands, clean makeup tools, and clean towels
4. For four hours after treatment, stay upright
5. Do not massage the treated areas unless directed to by your injector
6. For the next two weeks, avoid pressure to the areas (e.g. do not sleep on face, do not sleep with hands near face, do not use facial cleansing tools or dermal rollers)
7. For the rest of the day, avoid alcohol, strenuous exercise, exposure to UV radiation, and high heat environments
8. For the next two weeks, avoid facial massages and anything that causes irritation to the skin of the treated areas

CONTACT US IF YOU EXPERIENCE THE FOLLOWING:

- Changes to vision or speech
- Intense pain near or around the injection site which gets worse over time, especially if there is a pale area of skin or a change in colour indicating a lack of blood flow
- Swelling, puffiness, nodules, very firm filler, or lumpiness which does not fade in the first week with gentle massage, especially if there is redness or tenderness after two days
- Always contact us even if you also see your family doctor, or a walk-in clinic doctor
- Any other side effects which you think are important
- If we are unreachable after-hours, go straight to the nearest Emergency Room** where they can call Dr. Brooks or another specialist surgeon on-call. An urgent reversal of the filler may be required

PLEASE DO NOT HESITATE TO CALL OUR OFFICE AT **403-487-0460** IF YOU HAVE ANY QUESTIONS OR CONCERNS or

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