
AFTERCARE & ADVICE FOR YOUR REVERSAL OF DERMAL FILLER HYALURONIDASE APPOINTMENT

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ESSENTIALS MEDI SPA

PREPARE: You may want to book this procedure on a day when you will not return to work for the rest of the day

- 14 DAYS BEFORE - Avoid chemical peels, micro-dermabrasion, or laser treatments (anything that causes skin irritation)
- 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: Hyaluronidase is an enzyme which is injected into your skin or lips for the purpose of dissolving any existing hyaluronic acid dermal filler.

- You will likely have swelling, temporary bumps, redness, bruising, tenderness over the treated areas
- You will notice your natural hyaluronic acid may be affected, but your body will replenish this in 3-4 days
- Some people experience a dull ache, and continued tenderness, which subsides between 2-3 days
- Bruising is expected and usually most obvious on treatment day for around 2-7 days, then gradually fades over 7-14 days. Some rare bruising may last longer than two weeks.

AFTERCARE & HOW TO PREPARE FOR THE NEXT STEPS:

1. Before leaving the clinic, book a **follow-up exam** (two weeks after retreatment)
 - Arrive prepared for after photos
 - Click "Confirm Appointment" in your reminder emails/text messages to secure your appointment
 - You may be advised to book another reversal procedure
2. For 90 minutes, 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. Apply a cold compress for 5 mins x 5 times a day x 5 days
5. Do not touch the treated area unless directed to by your injector
6. For the rest of the day, avoid pressure on the injected areas
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 or stimulation to the face
9. Wait until your injector advises you to receive any new dermal filler in the area

CONTACT US:

- If you experience any other side effects which you think are important.
- Always contact us even if you also see your family doctor, a walk-in clinic doctor, or go to an Emergency Room

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

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