Grace
WELLNESS & AESTHETICS

BEFORE & AFTER CARE

Dermal Filler

Lips · cheeks · chin · jawline

Before your appointment

- Come to your appointment with a clean face and no makeup.
- **For 1 week before and 1 week after,** avoid anti-inflammatory and blood-thinning medications and supplements: ibuprofen (Motrin, Advil), Aleve, aspirin, vitamin E, ginkgo biloba, ginseng, St. John's wort, fish oil and omega-3.
- Avoid alcohol for 24 hours before your appointment.
- You may start Arnica tablets 1–2 days before to reduce bruising.
- Schedule at least 2 weeks before special events. Bruising and swelling can take 2 weeks or longer to settle.
- Stop retinol, benzoyl peroxide and hydroquinone 2 days before and for 2 days after.
- Reschedule if you are ill or have a rash, cold sore or blemish in the treatment area.
- If you have a history of cold sores, tell us so an antiviral can be prescribed for before and after your injections.

After your appointment

- Don't massage the treated area unless your provider recommends it.
- Ice the area 20 minutes per hour for the rest of the day to reduce swelling and bruising.
- Use Tylenol (acetaminophen) for discomfort. Avoid ibuprofen, Motrin and Advil.
- **24 hours:** no makeup or lipstick. Use Aquaphor as needed to moisturize.
- **48 hours:** no strenuous exercise, and avoid alcohol and salt to limit swelling.
- **72 hours:** avoid extensive sun or heat.
- **2 weeks:** no dental work, facials, laser or microneedling.
- If your cheeks were treated, sleep on your back for 1–2 nights.
- To reduce swelling: Pepcid 20 mg twice daily for 2 days, and Benadryl 25 mg at bedtime for 2 days.

What's normal

- Bruising can take 1–2 weeks to resolve. Arnica helps: 5 pellets 3 times daily for 2 days after treatment or until bruising resolves, or Arnica gel. Warm compresses can be used on bruises after 48 hours.