

Dermal Fillers: Post Treatment Instructions

A few simple post treatment guidelines can make a difference between a good result and a fantastic one.

Do **NOT**, touch press rub, or manipulate the implanted areas for 6 hours after treatment. You can cause irritation, sores, and or problems, and possible scarring if you do.

AVOID Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days after treatment.

AVOID Alcohol, Caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit, spicy foods, and cigarettes 24-48 hours after your treatment.

AVOID vigorous Exercise and Sun and Heat exposure for 3 days after treatment.

Continue, Retin -A 2 days after treatment. It is best to wear no make up or lipstick until the next day. Earlier use can cause pustules.

One side may heal faster than the other side.

Please report any redness, blisters, or itching immediately if it occurs after treatment.

Touch-up Policy: StudioMD offers a **complimentary** touch-up or optimization treatment if you return **within 2 weeks** of the initial procedure date. The cost of product is not included- therefore you may need to pay for additional product (filler) if deemed necessary. Any procedure done after the two week period will be considered a new treatment and will be priced accordingly.

Patient's Signature

Date