



Pre and Post Procedure Instructions for Dermal Fillers (Restylane®)

Hello and thank you for choosing Halton Medical Aesthetics!

A few instructions prior to your appointment.

Pre/post-procedure Dermal Filler Instructions

It is best to plan your injections at least 2 weeks before any big event.

- × No dental appointments, 2 weeks before or after your appointment. If you have had dental work, this includes a dental cleaning, your appointment will need to be rescheduled for 2 weeks after your dental procedure.
- × NO recent illness that required antibiotic treatment such as, sinus, ear, throat, UTI infections. You are required to wait 2 weeks AFTER completing antibiotic treatment. If you become ill, notify the clinic to reschedule your appointment.
- × Stop taking blood thinners like Aspirin, Aleve, Ibuprofen, Motrin, etc. starting 2 weeks before your appointment unless prescribed.
- × Stop taking Vitamin E or fish oil (OMEGA), ginseng and green tea, 2 weeks prior to your appointment.
- × Avoid alcohol for 3 days prior to appointment.

Day of Dermal Filler Procedure

Arrive with your face clean and freshly washed, bare face. DO NOT wear makeup, or apply moisturizing lotions to your face.

- Topical numbing cream will be applied to reduce the discomfort of the injections.

After injection of the dermal filler, it is very important that you do not touch the treated areas to avoid infection.

- × Do not apply make-up, this includes lipstick, for the remainder of the day.
 - You will be given an ice pack to apply to the treated area to reduce swelling and decrease bruising.

The area may remain slightly swollen or red throughout the day.

- × Avoid excessive heat such as saunas, hot showers, the hot sun or cooking over a hot stove 24hrs after the procedure. This may cause the blood vessels to dilate and cause more bleeding and bruising.
- × Avoid strenuous exercise 24hrs after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.

Sleep with your head slightly elevated above your heart to help reduce swelling.

Day 2 after Dermal Filler Procedure

The treated areas may continue to swell, rest assured that over the next 48-72 hours, the swelling will reduce.

We encourage icing the treated areas for 15 minutes every hour or so to help with the swelling.

Over the Next Week, Following Dermal Filler Procedure

Redness and swelling in the treated area will continue to decrease.

By the end of the first week, 90% of the swelling should be resolved.

Infection and vascular occlusions are rare, however if you feel, pain, hot to touch, severe redness, grey discoloration, or blistering, contact Halton Medical aesthetics immediately at, (905) 462-8462.

Once again, thank you for your business.

Sincerely,
Farrah Garrett

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