



212.366.4787 | [www.beautyfixmedspa.com](http://www.beautyfixmedspa.com)

## DERMAL FILLERS PRE- AND POST-CARE GUIDE

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### PRE-TREATMENT INSTRUCTIONS

Dermal filler injections (Juvederm, Restylane, Restylane Lyft, Restylane Silk, Radiesse, Belotero, Sculptra, Bellafill, and PRP [Platelet Rich Plasma]) carry the risk of bruising if you are taking certain supplements or medications.

To reduce this risk, please note the items on this list and discontinue at least **3-7 days** before your appointment for injections: Aspirin/Baby Aspirin, Ibuprofen (Motrin, Advil, Aleve), St. John's Wort, Omega-3 fatty acids (Fish Oil), Vitamin E, Ginger, Ginkgo Biloba, Ginseng

*PLEASE NOTE: If you have been prescribed Aspirin or any other prescription blood thinners, do not discontinue unless permitted by your prescribing physician.*

### POST-TREATMENT INSTRUCTIONS

Avoid excessive sun and heat until any initial swelling and redness has resolved. This includes aggressive exercise.

Avoid squeezing or massaging the treated areas for **several hours** after treatment, as this may subtly change the shape you are trying to achieve.

*PLEASE NOTE: If you were also treated with the injectable Sculptra Aesthetic, please disregard this and massage as instructed.*

Proper and frequent application of sunscreen is always important. The sunscreen should offer broadband protection (UVA and UVB) and have an SPF of 30 or more. You should apply sunscreen **20 minutes** before going outside, and again, immediately before. After that, re-apply your sunscreen every **2 hours**. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

You will notice swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts **2-3 days**. To minimize swelling:

Apply cold compresses to the treated area for **10 minutes every hour**.

Sleep elevated **the first night**; you may use several pillows for elevation. If you are a stomach sleeper, try to sleep on your back the first night.



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You may take Arnica tablets to reduce the risk of bruising. Arnica is available for sale at all BeautyFix clinics.

The initial swelling after treatment to the lips may last longer. Some patients experience swelling for **up to a week** and the lips can look somewhat 'uneven' during this time. After the swelling has subsided, you will be able to see your true results. It takes time for hyaluronic gels to balance with your skin's own water content.

You may apply makeup **immediately** after treatment to minimize any redness.

For tenderness/mild pain, you may take Advil or Tylenol if necessary.

**We want you to have a safe and exceptional experience at BeautyFix!**

**If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at [customercare@beautyfixmedspa.com](mailto:customercare@beautyfixmedspa.com) with your concerns.**