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## **PATIENT PRE AND POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS**

Recommendations for a few simple guidelines and both pre and post-procedure. These can make the difference between a good result and a fantastic one.

### **PRE-TREATMENT INSTRUCTIONS**

- One week before exclude: Aspirin (Advil, Aleve, etc.), Gingko Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E and any other essential fatty acids.
- Avoid Chemical Peels and Laser 1 –2 weeks prior to Dermal filler treatment.

### **POST-TREATMENT INSTRUCTIONS**

Immediately after your procedure and for 24 hours you should avoid the following:

- Strenuous Exercise
- Sun exposure/heat exposure/tanning beds
- Alcoholic Beverages
- Massaging/pressing areas treated
- Extreme cold temperatures
- 48 hours after your procedure you may begin adding Gingko Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.
- If Laser treatment, Chemical Peel or any other procedure is considered after Dermal filler treatment, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before an/or after Dermal filler.

# TAKE-HOME GUIDELINES



HydraFacial™ is the only hydradermabrasion procedure that combines cleansing, extraction and hydration simultaneously, resulting in clearer, more beautiful skin with little-to-no downtime.

The treatment is soothing, moisturizing, non-invasive and generally non-irritating. As with most procedures, visible results from HydraFacial will vary from person to person.

## What to Expect During and Immediately After Treatment

Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.

You may experience tingling and stinging during the treatment area. These sensations generally subside within three hours of treatment.

Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

## Next Steps

You will likely see results immediately after treatment and your skin will feel smooth and hydrated for one to four weeks. For improved, longer lasting results, consider take-home products and monthly HydraFacial treatments.

The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of SPF 40 sunscreen.

Aggressive exfoliation, waxing and products containing acids should be avoided in the treatment area for a minimum of two weeks pre- and post-treatment.

Avoid the use of Retin-A type products pre- and post-treatment.

## Good Skincare Through a Healthy Lifestyle

Maintain your skin health by following the below recommendations.

- Drink plenty of water
- Eat a balanced diet
- Take a daily vitamin
- Exercise regularly
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimize alcohol consumption
- Manage daily stress

Contact us at (800) 603-4996 if your symptoms appear to worsen or if you have any questions about your treatment.

