

PRE-TREATMENT

1 Week Prior to Treatment

Refrain from the use of blood-thinning medications, including aspirin, ibuprofen, and fish oil. Additionally, it is advised to avoid prolonged sun exposure and tanning 7-10 days prior to the procedure.

24-48 Hours Prior to Treatment

For optimal safety and results, we recommend refraining from alcohol consumption or smoking to minimize the risk of bruising. Please keep us informed of any changes in your medical history, such as pregnancy, breastfeeding, new medications, or recent diagnoses, as ensuring your safety remains our utmost priority. If you have a prior history of HSV-1 (cold sores) and are undergoing a treatment in or around the oral area, it is strongly advised to begin taking an antiviral medication 48 to 36 hours before your procedure and to continue the medication one week following the treatment. Should you require prescription medication, please consult your primary care provider for further guidance and assistance.

Treatment Day

To optimize your experience, we recommend consuming a complete meal and abstaining from caffeine to reduce the likelihood of experiencing dizziness. Please arrive without wearing makeup or skincare products to ensure a clear face. It is essential to stay hydrated and aim to arrive 10-15 minutes early for your appointment.

POST-TREATMENT

Withing 24 Hours Post Procedure

Refrain from alcohol, smoking tobacco, and engaging in heavy lifting or strenuous exercise. Resist aggressive massaging or manipulation of the treated area for at least 24 hours. Gentle massage, using Vaseline or Aquaphor is recommended to soften and sculpt the treated area. Avoid sun exposure and tanning for at least one week after the treatment.

WHAT TO EXPECT

Following a Dermal Filler treatment, you can expect to experience temporary redness, swelling, or minor to moderate bruising at the injection sites. The dermal filler effects typically become noticeable immediately, with full results visible within one week. The effects of dermal fillers generally last around 6 and 18 months, varying slightly depending on the individual and dermal filler type. It is common to schedule a follow-up appointment to assess the results and address any concerns or adjustments that may be needed. Remember to follow the post-care instructions provided by your injector to ensure optimal results and minimize any potential side effects. It is recommended to schedule a touch-up appointment before your filler completely dissolves in order to help prolong its longevity.

DERMAL FILLER COMMON SIDE EFFECTS

Swelling & Bruising

Temporary redness, swelling, or bruising at the injection site may occur. These are temporary but can be treated with ice or cold packs. Swelling and bruising typically subside within 3-7 days. Abstaining from alcohol and smoking and sleeping on your back with your head elevated can help promote optimal healing.

Lumps or Bumps

Apply slight pressure and gently massage the area with Vaseline or Aquaphor.

Minor asymmetry in facial expressions

Allow time for minor asymmetries to naturally resolve; consult your injector if concerns persist.

Navigate Potential Effects

In the rare event that you experience excessive swelling, persistent redness, severe pain, or signs of infection, it is crucial to contact the clinic immediately for further evaluation and guidance. Prompt communication with your healthcare provider can help address any concerns promptly and ensure that appropriate measures are taken to manage and resolve any unexpected side effects that may arise. Your clinic's team is here to support you throughout your treatment journey and prioritize your well-being.

Expert Recommended Products (pick up in-store or at www.skinlabandcontour.com)

Using the recommended products for pre and post-care when undergoing an injectable treatments is crucial for achieving optimal results and ensuring the skin's health and recovery. Pre-care products help prepare the skin by cleansing, hydrating, and priming it for the procedure, ensuring better treatment efficacy and minimizing potential side effects. On the other hand, post-care products are essential for promoting skin healing, reducing inflammation, and maximizing the benefits of the treatment. By following the recommended skincare regimen diligently, individuals can enhance the outcomes of their injectable treatments, maintain the skin's integrity, and achieve a smoother, more rejuvenated complexion in the long run.

SkinMedica TNS Advanced+ Serum

SkinMedica TNS Advanced+ Serum is a game-changer for enhancing post-injectable treatments. This advanced serum is packed with growth factors, peptides, and antioxidants that work synergistically to support skin rejuvenation and optimize the results of injectable procedures. By incorporating TNS Advanced+ Serum into your skincare routine post-treatment, you can accelerate skin healing, improve skin texture, and prolong the benefits of your injectables. This powerful serum lifts the appearance of sagging skin, enhances firmness, and helps reclaim smooth, tight, and youthful-looking skin. In as little as 12 weeks, users can experience skin that appears up to 6 years younger, showcasing the transformative effects of SkinMedica for a radiant and revitalized complexion.

Oxygenetix – Medical-Grade Makeup

Oxygenetix medical-grade makeup is the ideal companion for post-treatments, enabling optimal healing and results by allowing the treatment areas to breathe effectively. This innovative makeup formulation provides breathable coverage that promotes skin recovery while concealing imperfections, making it perfect for use post-treatment to support the skin's healing process. By using Oxygenetix, individuals can ensure that their skin is able to rejuvenate efficiently, ultimately enhancing the outcomes of your treatments for a smoother, more radiant complexion.