



Derma Fillers Pre and Post-Treatment Instructions

Pre-Treatment

- Come in with a “clean face”. Please do not wear makeup to your appointment.
- AVOID taking non-steroidal anti-inflammatory medications such as Advil, Aspirin, etc.
- Lip filler: If you have had cold sores in the last 3 years, be sure to tell the clinician so you can get a prescription for an antiviral. You must start taking the antiviral before the procedure

Post Treatment

- You have undergone a dermal filler treatment where hyaluronic acid has been placed in the skin. You may initially experience swelling, redness and bruising which will subside within the next 1 – 10 days. Especially if the bruising is extensive.
- Be extra careful to not pucker your lips after having lip fillers done. (No straws, cigarettes, etc.)
- Do not apply makeup for approximately 6 hours unless it is mineral based.
- Avoid exposure to UV, extreme heat (e.g., sauna, steam rooms, sun beds, strenuous exercise etc.) as this may increase discomfort and swelling.
- Also avoid extreme cold; this includes ice packs that are directly applied to the skin. If necessary, you can apply a compress over the ice pack to reduce any discomfort or swelling
- If you experience sudden sharp pains or if your skin blanches at the site of injections, immediately contact the clinic or go to the nearest emergency department.
- Sleep on your back for the first 24 hours to not displace the injected fillers.
- Apply sunscreen everyday
- DO NOT attempt to massage the areas that were treated unless specified otherwise by the physician.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668 x 115 or email at info@inovomedical.ca