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Pre and Post Care Derma Filler

Welcome to Align Body & Wellness! Thank you for choosing our clinic and trusting us with your skin care. It is our goal to work with you to achieve your best results possible. Call us if you have any questions at any time.

The following instructions will help you achieve the best results from your injection treatment. Please take a moment to review this information and go over any questions and/or concerns you may have with your provider.

Dermal Filler Pre Treatment Instructions:

To reduce the risks of bruising and/or bleeding, please avoid taking the following one week prior to your treatment and one week following your treatment:

- St. John's Wort
- High doses of Vitamin E
- Aspirin
- Anti-inflammatory medications
- Ibuprofen
- Fish Oil

Dermal Filler Post Treatment Instructions:

After your treatment, you might have some redness and swelling. This will normally last 2-3 days. Cold compresses may be used immediately after treatment to reduce swelling for 5-10 minutes every 2-3 hours. If the inconvenience continues beyond seven days or if other reactions or side effects occur, please contact your provider at Align Body & Wellness.

Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed.

Sunbathing and cold outdoor activities should be avoided until any redness and/or swelling disappear.

If you have previously suffered from facial cold sores, there is a risk that needle punctures could contribute to recurrence. Speak with your physician/provider about medications that may minimize a recurrence.

Avoid exercise, spicy foods and alcohol for six hours after treatment to minimize swelling.