

**DESERT MOUNTAIN FACIAL ESTHETICS**  
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**DERMAL FILLER POST TREATMENT INSTRUCTIONS**

**DO NOT:** Touch, press, rub or manipulate the implanted areas for the rest of the day. Avoid kissing, puckering and sucking motions, (water bottles, straws), for the rest of the day as these movements may cause displacement of the implanted dermal filler material. They may also cause irritation, sores, undesirable results, and possible scarring.

**AVOID:** Aspirin, Motrin-(Ibuprofen, Advil), Aleve, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids at least 3 days after treatment.

**AVOID:** Alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes for 24-48 hours after your treatment.

**AVOID:** Vigorous exercise, sun and heat exposure for 3 days after treatment.

**DISCONTINUE:** Retin-A for 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause infection.

You can expect some bruising and swelling around the areas that were injected. Gently apply ice for the first hour after treatment for ten minutes on and ten minutes off. You can also use Arnica to help with pain, swelling, and bruising.

You must wait 2 weeks before any enhancements.

Please report any redness, blisters, or itching immediately if it occurs after treatment.

I certify that I have been counseled in post-treatment instructions and have been given written instructions as well.

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Patient Signature

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Date