

Fillers – Pre & Post-Operative Care Instructions

Pre-Treatment Instructions

1. If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.
2. Guest should not schedule any invasive procedures for 2 weeks before or after treatment with RESTYLANE® LYFT and VOLUMA® XC. These include but are not limited to:
 - o Dental cleaning or dental work
 - o Lesion excision or biopsy
 - o Surgery of any kind
 - o Internal device placement
 - o Tattoo or permanent makeup
3. History of surgical face lift of any kind will lead to denial of treatment of dermal fillers (RESTYLANE® LYFT and VOLUMA® XC) to the midface or cheek region.
4. It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
5. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
6. If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.
7. If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
8. It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.
9. It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

Post-Treatment Instructions

1. Do NOT, touch, press, rub, or manipulate the implanted areas for 6 hours after treatment. This can cause irritation, sores or possible scarring.
2. Avoid vigorous exercise, sun and heat exposure for 3 days after treatment.
3. Avoid submerging head under water for a full 24 hours after Voluma® XC treatment; this includes pools, beach, bathtub, hot tub, etc.
4. Avoid Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
5. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
6. Avoid the use of Retin-A or similar products (ex. Kinerase, Tazarac) 2 days after treatment to avoid increased irritation or redness.
7. Avoid cosmetic treatments such as laser, ultrasound, peels, facials or micro-dermabrasion for 2 weeks after treatment.
8. Try to avoid wearing makeup or lipstick until the day after treatment. Earlier use may cause pustules. If you must wear makeup, we recommend a good quality mineral makeup for the face or Aquaphor ointment for the lips.
9. Please report to your provider immediately if you have increased pain, swelling, redness, blisters or itching following your treatment.
10. Ice the treated areas for the next 24 hours. Place the ice pack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern for 24 hours.
11. Please remember one side may heal faster than the other side.