



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE DERMAL FILLERS

Inform our client care team if you have a history of Perioral Herpes to receive advice on antiviral therapy before treatment.

Dermal fillers should be avoided if you have a history of keloid scarring, have been diagnosed with hemophilia or myasthenia gravis, have permanent fillers, metal/ silicone implants, or biopolymers, or have an active infection.

Injectables are not suitable if you are pregnant or nursing, are allergic to any of its ingredients, or suffer from any neurological disorders. If you fall under any of these categories, please give us a call to book something better suited for you.

2-4 WEEKS BEFORE TREATMENT:

- Avoid dental work (including standard teeth cleaning) at least two weeks before treatment.
- Avoid oral surgery at least four weeks before treatment.

1 WEEK BEFORE TREATMENT:

- To reduce bruising and bleeding, avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve, as well as herbal supplements such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor before stopping the use of Aspirin.

1-3 DAYS BEFORE TREATMENT:

- Avoid topical products such as Tretinoin (Retin-A), Retinol, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any "anti-aging" products.
- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to reduce risk of bruising.

DAY OF TREATMENT TREATMENT:

- Make-up will be removed before treatment.
- To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.
- Some individuals may experience light-headedness, if you have experienced this in the past ensure you eat prior to the treatment.
- To maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.

AFTER DERMAL FILLERS

IMMEDIATELY FOLLOWING TREATMENT:

- Do not lay horizontally for the first 4 hours after treatment.
- Avoid placing excessive pressure on the treated area(s) for the first few hours and up to 2 to 3 days; when cleansing your face or applying makeup, be very gentle.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Avoid exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- Apply an ice or cold gel pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising. Icing of the lips should not exceed 5 minutes per hour.
- Redness and swelling are normal. Bruising may also be visible. You may experience some tenderness at the treatment site(s) that can last for a few hours or a few days.

1-3 DAYS FOLLOWING TREATMENT:

- Once you have adequately cooled/iced the area(s) as instructed and any pinpoint bleeding from the injection site(s) has subsided, you may begin wearing makeup.
- Avoid extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 30 or higher sunscreen.
- Typically, you will see results immediately. You will see the full results present approximately two weeks after treatment once swelling subsides and the product settles.

1-2 WEEKS FOLLOWING TREATMENT:

- Depending upon the areas treated and products used, you may feel "firmness" in the treated area. Over a period of time, the areas will soften and "settle."
- Bruising typically fades in 5 to 14 days.

1 MONTH FOLLOWING TREATMENT:

- Dental work and oral surgery can be resumed.
- Skincare and laser treatments may be resumed.

We highly recommend that you return two weeks after your visit for a follow-up appointment. Injectors will assess how the dermal filler has settled, and can address any touch ups as necessary.

Everyone's skin is different and your results and recovery time may vary.

We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare