



## Dermal Filler/PRP Injection Instructions

### Pre-Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) such as Ibuprofen and Aspirin, fish oil, Vitamin E and alcohol for 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anticoagulants/antiplatelet medications will increase the risk of bruising and bleeding. If cleared by your HCP, avoid 1 week prior to treatment.
- Bruising is ALWAYS a risk factor with treatments so please plan a minimum of 2 weeks prior to an event, preferably 4 weeks.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Pineapple juice and Arnica Tablets or gel (found at CVS) are recommended to reduce bruising 5 days prior to treatment.

### Post-Treatment Instructions:

- Apply an ice pack or cold compress to the injection area to help reduce swelling.
- Avoid physical activity for 24 hours post treatment.
- Avoid manipulating and putting pressure on the injection area, including sleeping on the area.
- Do not put any makeup or creams over the injection site for 8 hours to decrease the risk of infection.
- Swelling is normal 3-4 days post treatment please wait 2 weeks before coming in for a follow up. We cannot evaluate the area while it is swollen due to asymmetry.
  - Sleep with your head slightly elevated preferably on your back
- You may take Arnica Tablets and use Arnica Gel/Cream (found at CVS) and drink pineapple juice to reduce bruising.
- Avoid additional facial treatments and procedures for 2 weeks post-procedure.
- For pain/discomfort, use cool packs and over-the-counter analgesics (Ibuprofen, Tylenol). Severe pain should be reported to SeaMist MedSpa immediately.
- After two weeks, please come to the follow up appointment so we reassess your treatment and address any nodules due to product build up in the area.
- Potential side effects include: pinpoint bleeding, redness, swelling, bruising, discomfort/tenderness, headache. If signs and symptoms of infection develop and persist (warmth at the site of injection, discharge/pus, pain/discomfort, fever) please contact SeaMist MedSpa so our staff may assist you.

