

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:

- You will begin to see effects of the treatment after 28 hours, and the filler is fully effective after 14 days.
- Each filler is different, but the filler will ideally last 12 months.
- 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.
- Minimize salt, alcohol and heat as it makes you swell!
- 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.
- **Lip Filler:** Ice area for 30 minutes on the first day, then every 2 hours as hours for the remainder of the day. Light aerobic exercise is recommended for 2 days. You want to avoid saunas as minimal sweating is recommended. Gently massage any visual lumps or nodules for a week. Avoid salty foods, alcohol, and kissing for the first 2 weeks.
- **Injectable Rhinoplasty:** Please avoid any pressure on the bridge of the nose and areas surrounding it. Avoid wearing sunglasses and eyeglasses for 2 weeks as this pressure can disperse the filler. Avoid sleeping on your face, placing your face in a massage hole, or using face masks for 2 weeks after your treatment. Swelling is normal for 10 days after your treatment. Swelling can cause asymmetry, if persistent we will re-evaluate 2 weeks after treatment. No ice on the injection site. Minimize exposure of the treated area to the sun or heat for 24 hours after treatment or until the initial swelling/redness disappears.
- **Under Eye Filler:** Upon arriving home, ice area for the first day for 30 minutes, and is helpful every 2 hours for the remainder of the day. Light aerobic exercise only is recommended for the first 2 days. Avoid saunas, as minimal sweating is encouraged. Avoid salty foods and alcohol for the first 2 weeks.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.