



## Dermal Filler Instructions

### Pre-Treatment Instructions:

- Please refrain from wearing makeup to your appointment, if possible.
- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) medications, such as Ibuprofen and Aspirin, fish oil, Vitamin E, and alcohol for 1 week prior to treatment to minimize the risk of bruising and bleeding.
- Prescription anticoagulants/antiplatelet medications will increase the risk of bruising and bleeding. If cleared by your healthcare provider (HCP), avoid them 1 week prior to treatment.
- Bruising is always a risk with treatments, so please plan for a minimum of 2 weeks before an event, preferably 4 weeks.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or a similar medication no later than 24 hours prior to the treatment.
- Pineapple juice and Arnica Tablets or Gel (found at CVS) are recommended to help reduce bruising, starting 5 days prior to treatment.
- Do not schedule dental work for 2 weeks before or 2 weeks after your treatment, as dental procedures may interfere with healing or increase the risk of complications.

### Post-Treatment Instructions:

- You will begin to see the effects of the treatment within 28 hours, and the filler will be fully effective after 14 days.
- Each filler is different, but it 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 or applying pressure to the injection area, including sleeping on it.
- Do not apply makeup or creams over the injection site for 8 hours to reduce the risk of infection.
- Swelling is normal for 3-4 days post-treatment. Please wait 2 weeks before coming in for a follow-up, as 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 these can increase swelling.
- Avoid additional facial treatments and procedures for 2 weeks post-procedure.
- For pain or discomfort, use cool packs and over-the-counter analgesics (such as Ibuprofen or Tylenol). Severe pain should be reported to SeaMist MedSpa immediately.
- After 2 weeks, please come for your follow-up appointment so we can reassess your treatment and address any nodules due to product buildup in the area.
- Potential side effects include: pinpoint bleeding, redness, swelling, bruising, discomfort/tenderness, and headache. If signs of infection develop and persist (e.g., warmth at the site of injection, discharge/pus, pain/discomfort, fever), please contact SeaMist MedSpa immediately so our staff can assist you.

### Specific Area Instructions:

#### Lip Filler:

- Ice the area for 30 minutes on the first day, then every 2 hours for the remainder of the day.
- Avoid physical activity for 24 hours post-treatment.
- Avoid saunas, as minimal sweating is encouraged.
- Avoid salty foods, alcohol, straws and kissing for the first 2 weeks.
- Do not massage the area

#### Injectable Rhinoplasty:

- Please avoid any pressure on the bridge of the nose and surrounding areas.
- Avoid wearing sunglasses and eyeglasses for 2 weeks, as this pressure can displace the filler.
- Avoid sleeping on your face, placing your face in a massage hole, or using face masks for 2 weeks after treatment.
- Swelling is normal for up to 10 days after treatment. Swelling can cause asymmetry; if it persists, we will re-evaluate 2 weeks after treatment.
- No ice on the injection site.
- Minimize exposure to the sun or heat for 24 hours after treatment or until initial swelling and redness subside.

#### Under Eye Filler:

- Ice the area for 30 minutes on the first day, then every 2 hours for the remainder of the day.
- Avoid physical activity for 24 hours post-treatment.
- Avoid saunas, as minimal sweating is encouraged.
- Avoid salty foods and alcohol for the first 2 weeks.
- Do not massage the area

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