

# AESTHETIC IQ

## CLINIC

### DERMAL FILLER

#### PRE-TREATMENT INSTRUCTIONS

- Drink lots of water to hydrate your skin.
- Pre-treat with Arnica by dissolving 4 pellets under your tongue 4 times a day, 4 days before treatment
- Avoid fish oil (Omega 3's), Ibuprofen, Vitamin E, Ginkgo Biloba, Turmeric, Garlic & Aspirin for 7 days before and alcohol 3 days before to minimize bruising.
- Avoid dental treatments and vaccinations two weeks prior to treatment.

#### TREATMENT EXPECTATIONS

- It is normal to be swollen. Please be patient, it will go down.
- It is normal to have some bruising after treatment. Bruising usually resolves within two weeks.
- It is normal for the treated area to look asymmetrical or uneven (especially in the lips) for up to two weeks following the procedure.
- It is normal for the treated area to feel firm when touched. This will settle and soften up usually within two weeks.

#### POST TREATMENT INSTRUCTIONS

- Apply ice to the treatment area on and off the day of treatment to minimize swelling.
- Do not touch or massage treatment area unless instructed to do so by your provider.
- Sleep upright on your back the night following the procedure to help reduce swelling.
- Within 12 hours of treatment: avoid make-up.
- Within 24 hours of treatment: avoid strenuous exercise, alcoholic beverages, excessive sun or heat exposure, and active skin care products.
- Avoid dental procedures and vaccinations two weeks following treatment.
- If you experience swelling - apply Arnica cream to the area or take oral Arnica.

IN EMERGENCY SITUATIONS: Call 911 & Call/Text 480.454.5577

- Difficulty breathing or swallowing.
- Intense pain in the treated area.
- Excessive swelling that is increasing with time (allergic reaction).
- Skin color / temperature changes other than normal bruising (Ex: skin that is white, or hot/cold).
- If you aren't sure if what you are experiencing is normal - call or email us!