



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

# Derma1 Fillers

(Juvederm, Radiesse, Restylane, RHA, Versa)



## Pre/Post Treatment Instructions

Important Information from Dr. Naomi Placella, NMD  
at DrSkin Plastic Surgery, Regenerative & Medical Spa

# Congratulations!

Congratulations on successfully undergoing your treatment. This document has been meticulously crafted to guide you through the post-operative process, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Naomi Placella, NMD and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



## PRE-TREATMENT INSTRUCTIONS

- **Avoid taking aspirin:** or other non-steroidal anti-inflammatory drugs (NSAID) such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Meloxicam, Celebrex®, Fish oil, Ginkgo Biloba, Evening Primrose oil, St. John's Wort and Vitamin E for at least 5 days before your appointment, unless medically necessary. CHECK with your physician to confirm if it is safe for you to stop your medication.
- **DO NOT:** drink alcoholic beverages for 48 hours prior to and after your aesthetic treatment.
- **Avoid caffeine:** the day of your treatment.
- **You may take Tylenol®:** (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience. If you have concerns about discomfort.
- **If you are taking:** prescription blood thinners such as Coumadin, Warfarin, Heparin, Plavix or Eliquis, you should check with your prescribing doctor to see if you are eligible to stop these medicines for 7 days before your appointment and at least 2 days after the procedure has been done.
- **If you have a history:** of Herpes Simplex (cold sores) on your lips or face, be sure you inform your injector at least one week prior to your appointment. This will allow us adequate time to prescribe medication to prevent a potential outbreak.
- **Avoid dental procedures:** including teeth cleaning, 3 weeks pre filler treatment and 3 weeks post filler treatment.
- **Arrive at your appointment:** with a clean face. This means no makeup or moisturizer.
- **Eat a meal or a snack:** before your appointment. Be hydrated, too.
- **NO exercise or physical activity:** on the day following your appointment.
- **Arnica pearls can be taken:** orally 1-3 days leading up to your appt.
- **Refrain from exercise:** for the remainder of the day following your injection(s). You may want to refrain from going to any special events for 1-3 weeks post treatment.

Please contact DrSkin Med Spa if you have any concerns following your treatment.



Dr. Naomi Placella, NMD



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA



## POST-TREATMENT

- **Do not:** love or hate your treatment for 2 weeks. This is the minimal amount of time it takes for the product to integrate into your tissues.
- **Bruising and swelling:** will be worse for the 2nd and 3rd day after your treatment.
- **Normal reactions following treatment include:** redness, swelling, bruising and tenderness. These usually subside a few days after the treatment, but can last up to 3 weeks. If any of these symptoms persist longer than 3 weeks, or if you develop other symptoms, please contact our office for 24 - 72 hours post.
- **Dermal filler can:** Produce lumps or bumps under the skin following treatment. It is important to avoid touching or pressing on these lumps. Your physician will address these at your 2 week follow up. Most times these can be easily resolved by your doctor and do not need additional injections to resolve.
- **You may take Tylenol®:** If not contraindicated, every 4-6 hours after the treatment to help with any discomfort you may have. Avoid NSAIDs and aspirin if possible as these can thin the blood and promote bruising.
- **You may:** use a cold compress after the treatment to reduce swelling and decrease soreness.
- **Make-up:** may be applied a few hours after the treatment, as long as there are no complications present, such as open wounds, bleeding or signs of infection.
- **In the first 48 hours:** following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If sun exposure is unavoidable, use a sunblock with an SPF of 30 or greater.
- **Patients should avoid:** exercise, sun exposure or extreme heat (saunas or steam rooms) for 2-4 days post treatment.
- **Return to clinic in 2 weeks:** for evaluation. Your physician will determine if a touch-up is indicated. If additional treatments are necessary, there will be additional charges at the regular rate. Additional costs of medical treatment would be patients' responsibility if complications develop after the procedure.

Please contact DrSkin Med Spa if you have any concerns following your treatment.

DrSkin Med Spa | (480) 904-3311 | 1458 N Higley Rd, Suite 102, Gilbert, AZ 85234

[drskinmedspa.com](http://drskinmedspa.com)

