



PELHAM

— DENTAL CARE —

POST - TREATMENT INSTRUCTIONS

Dermal Filler Treatment

It is recommended that you follow these guidelines following your procedure to minimize adverse effects or undesirable outcomes.

- Do not touch, press, rub or manipulate the implanted areas for the rest of the day after treatment. Avoid kissing, puckering and sucking movements for the rest of the day as these motor movements can undesirably displace the implanted dermal filler material. It may also cause irritation, sores, and possible scarring.
- Do not take Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids at least 3 days after treatment. You may take Tylenol for pain.
- Avoid alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours after your treatment.
- Avoid vigorous exercise and sun and heat exposure for 3 days after treatment.
- Discontinue Retinol 2 days after treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules.
- You can expect some bruising and swelling around the areas that were injected. Apply ice for the first hour after treatment for ten minutes on and ten minutes off.
- We will schedule a follow-up appointment 2 weeks after the initial procedure to assess the effectiveness of the initial treatment and decide if any enhancements are necessary or desired.

Call us immediately or seek medical attention if you notice any of the following effects: trouble swallowing, difficulty speaking, difficulty breathing, poor bladder control, vision changes, excessive redness, blisters, or itching.

Please call us if you have any questions or concerns.
(205) 663-6246

