



DERMAL FILLER

Treatment Instructions

Please remember that aftercare **is under your control** and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

After Your Treatment:

- Avoid touching (pressure or manipulation) of the treated area(s) for at least 12 hours following treatment.
- No makeup for at least 45 minutes after your treatment.
- It is normal to feel a sensation of firmness in the injection site for the first few days, up to 2 weeks after treatment. Over time, the area will soften, leaving a soft, natural result. Please call the clinic if you experience any lumps or irregularities.
- After Lip filler injections, minimize mouth motion (chewing, oral activities) for 24 hours to allow the product to settle into the tissues.
- NO straining, heavy lifting, vigorous exercise is advised for at least 12 hours after the treatment.
- Vigorous scrubs, massage or aggressive exfoliation should be avoided in the area of treatment for 72 hours.
- After your injections you may note dry, itchy skin. Feel free to use a gentle moisturizer of your choosing to relieve this.
- **Mild discomfort, bruising, and swelling is common after injections.** This usually resolves within 72 hours and you may take an over-the-counter pain medication such as Tylenol but please avoid any blood thinners such as Aspirin or Advil.
- Transient and intermittent use of an ice pack has been shown to decrease discomfort, swelling and bruising. Please do not apply an ice pack directly to the skin and please do not apply for more than 5 minutes at a time.
- It is advisable to sleep on your back with your head slightly elevated for 24 to 48 hours post treatment to help minimize swelling/bruising.
- Avoid sleeping on your sides or on your stomach. Fillers take time to settle and by sleeping on your face, you can potentially manipulate the product placement.
- Small bruises may occasionally occur and are normal and expected. Feel free to cover these with makeup or cover up. They will resolve in just a few days.

*****IMPORTANT NOTE:**

With some filler treatments there is a small risk that the dermal filler could get into a blood vessel causing a reduced circulation of blood to the skin. This can lead to tissue damage. In the event that after a filler injection, you experience any significant, **sharp pain**, or if the skin develops a purple, lacy, **poured wine pattern**, mottled, or dusky appearance, or small **bumps/pustules**, please go to the nearest emergency department and notify your provider immediately.

Before Your Dermal Filler Injection:

- Avoid Alcoholic drinks at least 24-48 hr before treatment.
- DO have something healthy to eat before arriving at your appointment to decrease chances of lightheadedness during your treatment, and best to avoid caffeine for more comfort.
- Please kindly arrive at your appointment with a freshly washed face without make-up.
- Fillers have not been studied in pregnant or breastfeeding patients. It is your responsibility to inform our staff of your health status including any medication and cancel/reschedule your appointment should you be pregnant or breastfeeding.
- Please remember that our obligation is to your aesthetic needs and if you have a social or occupational commitment that precludes a safe appointment and the appropriate recovery time then simply use a "common sense caution" and kindly reschedule!

Communication:

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at info@LookLab.com or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram **@LookLabMedSpas**