



DERMAL FILLER PRE + POST TREATMENT CARE

BEFORE YOUR APPOINTMENT

To help minimize bruising and swelling, we recommend avoiding the following for 3–7 days prior to treatment unless medically necessary or prescribed by your physician:

- Aspirin
- Ibuprofen (Advil®, Motrin®)
- Naproxen (Aleve®)
- Fish oil supplements
- Vitamin E
- Ginkgo Biloba
- Alcohol

Please notify your provider if you:

- Have a history of cold sores
- Are pregnant or breastfeeding
- Have an active skin infection, rash, or illness
- Have recently received dental work or vaccinations

AFTER YOUR TREATMENT

For the first 24 hours:

- Avoid strenuous exercise
- Avoid excessive heat exposure (saunas, hot tubs, steam rooms)
- Avoid alcohol consumption
- Avoid excessive touching, massaging, or pressure on treated areas

For the first 48 hours:

- Sleep with your head elevated if possible
- Apply ice packs intermittently to reduce swelling
- Stay hydrated

WHAT TO EXPECT

Common side effects may include:

- Swelling
- Bruising
- Tenderness
- Redness
- Firmness or small bumps

These effects are temporary and typically improve within several days.

RESULTS

Many fillers provide immediate volume enhancement; however, final results are typically assessed after swelling has resolved, usually within 2 weeks.

Please allow 2 weeks before evaluating your final outcome or considering additional treatment.

WHEN TO CONTACT OUR OFFICE

Contact D'Vine Medical Spa immediately if you experience:

- Severe or worsening pain
- Significant blanching or discoloration of the skin
- Increasing redness or warmth
- Signs of infection
- Any unexpected symptoms or concerns