



M O X I E
D E N T A L

AAFE
AMERICAN ACADEMY
OF FACIAL ESTHETICS

DERMAL FILLER POST-TREATMENT INSTRUCTIONS

- **Do not** touch, massage, or manipulate the areas treated with dermal filler for at least 24-48 hours following the procedure. For dermal filler in the lips, avoid straws, smoking, and excessive lip activity for the next 48 hours. You can cause migration of dermal filler if the areas are manipulated, which could lead to poor results.
- **Avoid** Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or other essential fatty acids ideally 2 weeks before treatment and for a few days following. These medications/supplements will thin the blood and can cause more bleeding, bruising, and swelling.
- **Avoid** alcohol and caffeine 24 hours before dermal filler treatment. These will also thin the blood leading to an increase in bleeding during the procedure, and bruising and swelling afterward.
- **Avoid** vigorous exercise and heat/sun exposure for 24 hours following dermal filler treatment.
- **Discontinue** any Retinol or prescription-strength topical face creams 2 days before and 2 days after dermal filler treatment. It is best to wear no makeup or lipstick until the next day. Earlier use can cause infection.
- Expect some bruising and swelling around the areas that were injected. Arnica tablets can be taken to help. It is recommended to take sublingual 5 pellets three times a day. Ice can also be applied for 10-15 minutes at a time to help with excessive swelling.
- You must wait until your 2-week follow-up appointment before any enhancements. Do not love or hate your results for at least 2 weeks!
- **Please report** any excessive pain or swelling, blanching of the skin, redness/irritation, warmth of the skin, blisters, dark excessive bruising, or anything that looks or feels unusual to your injector ASAP.