

Dermal Filler Treatment Protocols

Hyaluronic Acid (HA) Fillers

Patient Name: _____ Date: _____

Welcome to Sharief Aesthetics. We believe an educated patient gets the best results. These protocols combine current evidence with Dr. Al-Sharief's clinical recommendations to keep you safe and help your results look natural and refined.

Pre-Treatment Preparation

1. The "2-Week Rule" (Dental Work & Vaccines)

- Have NO dental work (including routine cleanings) and NO routine vaccinations for 2 weeks before and 2 weeks after your filler appointment.

Why: dental work can release bacteria into the bloodstream that may travel to fresh filler and cause delayed infection or nodules (biofilm). Vaccines stimulate the immune system and can trigger sudden inflammatory swelling in treated areas.

2. Stop Bruising Before It Starts

- Avoid alcohol for 48–72 hours before your visit.
- If medically safe, stop Aspirin, Ibuprofen, Vitamin E, Fish Oil, and Ginkgo Biloba for 3–7 days before. Never stop a prescription blood thinner without your physician's approval.

Why: these act as blood thinners and significantly increase the risk of bruising.

3. Skin Preparation

- Stop using Retinol, Glycolic Acid, or harsh scrubs 3–5 days before treatment.
 - If you have an active cold sore or pimple in the injection area, your appointment must be rescheduled to prevent spreading infection.
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Post-Treatment Recovery

Phase 1 — The First 24 Hours (crucial safety)

- Do NOT touch, rub, or massage the treated area.
- Do NOT wear makeup for at least 24 hours.

Why: the injection points leave micro-channels open in the skin. Fingers and makeup brushes are common sources of bacteria; keeping the area clean is essential to prevent infection.

- Sleep on your back with your head elevated on an extra pillow for the first 2 nights to reduce morning puffiness.

Phase 2 — The Next 3 Days (settling in)

- Avoid the "heat trio" — no saunas, hot tubs, or hot yoga — for 3 days.
- Avoid strenuous exercise (heavy lifting, cardio) for 48–72 hours.

Why: heat and a raised heart rate cause vasodilation (widening of blood vessels), which increases swelling and the risk of delayed bruising.

- Swelling is normal, especially in the lips. Apply a cool compress for 10 minutes each hour as needed (never put ice directly on the skin). Arnica may be used if desired.
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When to Contact Us

- **Routine questions:** 902-423-7919
- **After-hours concerns:** 902-340-2023

CONTACT US IMMEDIATELY — skin that turns white or pale (blanching), blotchy/dusky/grey discoloration, or pain that is severe or out of proportion. These can be signs of a blocked blood vessel (vascular occlusion) and must be assessed right away.

CALL 911 OR GO TO THE ER IMMEDIATELY — any change in or loss of vision, or signs of a severe allergic reaction (difficulty breathing or swallowing, or swelling of the tongue, lips, or throat).