



Innovators in Beauty

evolvemedspa.com

What are Dermal Fillers?

Dermal fillers are made from hyaluronic acid, a naturally occurring substance in our bodies. Filler can be placed in the cheeks and midface to replace the volume that we lose as we age, thus giving us a more youthful-looking appearance. Dermal fillers can also be used with the nose, tear troughs, and chin.

Before Your Evolve Med Spa Dermal Filler Treatment

- You will need to postpone your Dermal Filler treatment if you have had a dental cleaning or vaccine within the last 2 weeks or have one within the 2 weeks following your Dermal Filler appointment. You will also need to postpone your appointment if you have an active cold sore/fever blister, canker sore, or shingle.
- Please plan your treatment to allow for several days or more of potential swelling, tenderness, and bruising.
- Inform your Provider of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems. If you've started any antibiotics or other medications since your initial visit, please let us know.
- Avoiding Advil, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment is best to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing with your prescribing physician.
- To help decrease your chance of bruising avoid Advil, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 14 days prior to treatment. Do not stop taking any medications that have been prescribed to you without first discussing it with your prescribing physician.
- It is also recommended to avoid drinking alcoholic beverages 48 hours before treatment to reduce chances of bruising.
- To further help reduce the chance of bruising; start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- If you are having dermal filler placed to your tear trough please take an antihistamine (Claritin, Zyrtec, or Loratadine) for 3 days prior to treatment to help reduce post-treatment swelling.
- Please reschedule your appoint if you are pregnant, using or who have used Accutane within 6 months, and actively undergoing or have had chemotherapy or radiation treatment within 12 months.
- Tylenol will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e. Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol in a 24-hour period.

After Your Evolve Med Spa Dermal Fillers Treatment

- Your skin may be more sensitive during the first several days after treatment. Use gentle skin care products during this time, and wait 3 days before using harsher treatment products such as retinol, or AHA. Makeup and gentle cleansers can typically be applied several hours after treatment.
- Do not manipulate, push, or rub injection sites within the first 48 hours unless directed to by the Provider.
- Exercise should be avoided within the first 24-72 hours as it may increase swelling.
- You might have some redness and swelling that should resolve within several days. Bruising may occur, and may last up to 14 days. Cold compresses/ice may be used immediately after treatment to reduce swelling. You may apply a cold compress to the area for several seconds at a time, up to 20 minutes per hour, and you may do this hourly for 3 days.

- Certain areas of the face such as the under eyes, will swell more than others. Swelling and bruising may last several days to weeks. Call our office if you notice blanching (whitening of the skin) or have any other concerns.