



PARFAIRE
Medical Aesthetics

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DERMAL FILLER - TREATMENT CARE INSTRUCTIONS

Pre-Treatment Recommendations

- 7 DAYS BEFORE treatment (to prevent bruising): Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.
- If you have a history of Perioral Herpes (cold sore), take your prescribed medication (Valtrex or Acyclovir) 24 hours prior treatment, or inform us to receive antiviral therapy during the treatment.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Arrive at the office with a "clean face". Please do not wear makeup. You may bring your own makeup to apply after your treatment.
- Do not use Dermal Fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders.

What to Expect During Treatment

- A topical numbing ointment or through small lidocaine injections may be used to maximize your comfort during the procedure.
- You may experience a mild amount of tenderness or stinging sensation following injection.
- To ensure a smooth and even correction, your practitioner may massage the area treated, which may cause a temporary, minimal amount of redness to your skin.

Immediately After Treatment

- Redness, minimal to moderate swelling may be expected. Bruising may also be visible.
- It may be normal to experience some tenderness at the treatment site(s) that can last for a few hours, or a few days.

- It is common to feel a “firmness” in the treated area(s) after the first few days and weeks of the treatment. Over time, the area(s) will soften and “settle”, leaving you with a soft, natural looking result.

Post-Treatment Recommendations

- Apply an ice pack to the area(s) treated (avoiding pressure) as this helps reduce swelling and the potential for bruising.
- You may begin wearing makeup once you have adequately cooled the area(s), and any pinpoint bleeding from the injection site(s) has subsided.
- DO NOT RUB OR MASSAGE the treated area(s) for the next 2-3 days. When cleansing your face or applying makeup, use gentle, sweeping motions to avoid excessive mobility of the area(s).
- AVOID excessive movement of the treated area(s) for the first few hours and up to 2-3 days.
- AVOID exercise or strenuous activities for the remainder of the treatment day; you may resume other normal activities/routines immediately.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness or discomfort. AVOID aspirin or ibuprofen products as they may increase your potential to bruise.
- AVOID drinking alcohol for a minimum of 12 hours as this may contribute to bruising and/or swelling.
- AVOID extended UV exposure until any redness/swelling has subsided. Be sure to apply an SPF 40 or higher sunscreen.
- We recommend waiting a minimum of two to three weeks (or as directed by your provider) before receiving any skin care or laser treatments.
- If you experience significant bruising following your treatment, please follow our tips and recommendations on bruise reduction. Untreated bruising will generally fade in 5 to 14 days.
- Additional Instructions: Call our office promptly if you experience ANY of the following signs and symptoms: Increasing pain, swelling, significant bruising or darkening at or around the treatment area, notable change in temperature to the skin surrounding the treatment area, drainage or fever over 100.5 F or other concerns you may have.

Please call our office should you have any questions or concerns regarding your Dermal Filler treatment or aftercare at 626-844-7273 (Tue-Sat 10am-6pm), or email us anytime at reception@parfaire.com.

The entire staff at Parfaire Medical Aesthetics committed to patient education, safety and care.

