

# Rejuvenate Medical Spa

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801.272.4178

## Dermal Fillers Pre & Post Care Instructions

Patient name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Today's Date \_\_\_\_\_

### Pre-Care Instructions:

- If you get cold sores, (Herpes simplex virus), injections into the face may trigger a breakout. Please inform our staff because it may be beneficial to begin a prophylactic anti-viral medication before you get your treatment.
- Please inform our staff of your pertinent health history and any medications or supplements that you are taking prior to your treatment.
- To minimize bleeding/bruising, try to avoid taking any aspirin or aspirin containing products, alcohol or other blood thinning medications and supplements (ex. Motrin, Advil, Aleve, high doses of Vitamin E) for 1 week before your treatment. If you take Coumadin (warfarin), Plavix or Aggrenox you should not undergo this procedure. *Do not stop any prescribed medications without first consulting with your personal physician.*
- If you experience any illness, skin irritation or skin infection at the time of your scheduled procedure, it is best to reschedule your treatment.

### Post-Care Instructions:

- Keep your injection areas clean.
- Light make-up coverage is acceptable if desired.
- Do not massage the area, have a facial or wax the area treated for 24 hours.
- Do not touch or firmly rub the area that was injected for at least 12 hours after the procedure. If cleansing, use gentle pressure.
- You may gently apply ice or a cold compress to areas treated if you experience pain or swelling.
- Use sunscreen with an SPF of 30 when appropriate and try to avoid exposure to intense direct sunlight and heat for at least 2-3 days.
- Bruising and/or swelling is common and occurs as a result of the injections. If this happens, it will resolve on its own.
- Do not resume or begin taking any aspirin containing products, Ibuprofen or vitamin E for the next 24 hours. These agents may increase bruising/bleeding at the injection site. Tylenol is ok.
- It is best to avoid alcohol intake beyond a single drink for approximately 24 hours after treatment.
- You may be asked to return to the clinic in 2 weeks after treatment to document results.
- Result may vary. If there is partial improvement of the treated site, and re-treatment is desired, a second treatment may be performed at 2 weeks. There may be additional charges for additional treatments.
- Call immediately if you have any questions or concerns.