

HULL AESTHETICS



Recommended Care for Dermal Fillers

Before Your Treatment

- Avoid alcohol, ibuprofen, aspirin, Ginko, Vitamin E and any anti-inflammatory medications five days prior to your treatment to decrease bruising.
- Arnica gel or pills, Bromelain or Vitamin C 3,000 mg can be taken to reduce bruising before and after treatment. These can be found at Natural Food Stores or Wal-Mart.
- Cold sore sufferers, we recommend you start taking an antiviral the day before your procedure. If you need a prescription, let your provider know.
- Your appointment will need to be rescheduled if you have broken skin or an active cold sore in the area to be treated.
- If you had dental work two weeks prior or have dental work planned within two weeks post-treatment, your appointment will need to be rescheduled
- If you would like a topical numbing cream before treatment, let your provider know so a prescription can be called in to Infinity Pharmacy.

After Your Treatment

During the first 24-48 hours, You may experience:

***Swelling, * Bruising, *Firmness, *Discomfort**

Recommendations

- Cold Compresses
- Limit alcohol intake
- Avoid strenuous exercise to minimize swelling and bruising
- Avoid excessive UV exposure and excessive heat. Wear sunscreen.
- Avoid sleeping on your side or stomach
- No makeup OR skin care for 12 hours after procedure to reduce risk of infection.

After 24 hours

If you see swelling, feel firmness, or have discomfort, gently massage or apply pressure to the area unless otherwise instructed.

Call your provider immediately if you have questions or concerns about your treatment.

Sculptra After Care

Swelling and soreness are common and expected after procedure for several days.

You will experience numbness for one hour post procedure as well as tenderness to treated area for 3-5 days.

THE THREE 5's *VERY IMPORTANT*

- Thoroughly massage the treated area in a circular pattern for **5 minutes, 5 times a day, for 5 days**. Use a moisturizing cream to help reduce the friction on the skin surface during massage and enough pressure to rub in moisturizer.
- Remember, Sculptra will stimulate your collagen and four weeks is an early collagen response. Typical collagen response is 6-8 weeks and you will need multiple treatments.
- Additional instructions: _____