



## PRE-TREATMENT INSTRUCTIONS

### *Dermal Filler Injection Procedure*

All the dermal fillers used at Nourished MedSpa and Wellness Center are made of substances naturally found in your body. Over time, these will be broken down naturally by your body. Although the most frequently treated areas are nasolabial folds, oral commissures, and lips, the area around the cheekbones may be injected to give the face a younger, fuller and more natural appearance. You may experience discomfort during injection. Anesthetic is used on the skin and is mixed with the filler to minimize this discomfort. The procedure takes about 30-60 minutes and lasts 6 to 12 months.

#### For two weeks before the procedure, AVOID:

- Chemical Peels and Laser/IPL treatments

#### For one week before the procedure, AVOID:

- Any medications that can prolong bleeding, such as aspirin and non-steroidal anti-inflammatories (NSAIDs) order to reduce the risk of bruising and bleeding at the injection site.

*\*\*If you have previously suffered from facial cold sores, please inform us as there is a risk that the needle punctures could contribute to another eruption of cold sores.\*\**

*Please contact our office at 903-357-5108 with any questions or concerns.*



## POST-TREATMENT INSTRUCTIONS

### *Dermal Filler Injection Procedure*

You should see an immediate improvement in the treatment areas. You may experience pain, tenderness, temporary redness, swelling, bruising, firmness, and bumps at the injection sites. These are usually mild to moderate in nature and clear up on their own in 7 days or less. Frequently applying ice to the injection sites to the first 12-24 hours will substantially reduce these symptoms. Any bumps or marks from the extremely small needle sticks will go away within a few hours.

The initial swelling after lip treatment may last longer. Some patients experience swelling for about a week and the lips can look somewhat uneven during that time. This means that the result immediately after the treatment should not be seen as the final result.

After the procedure:

- Wear Sunblock to protect your skin. Sunlight may cause permanent discoloration after bruising.
- You may shower and do most other regular daily activities
- You may apply makeup gently.
- Tylenol should be sufficient to minimize any discomfort

For 24 hours after the procedure, you should AVOID:

- Strenuous Exercise
- Sun exposure/heat exposure/tanning beds
- Alcoholic Beverages
- Aspirin and/or non-steroidal anti-inflammatory medications
- Massaging/pressing areas treated
- Extreme cold temperatures

For 48 hours after your procedure AVOID:

- Ginkgo Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.

If you have changes in your vision, signs of a stroke (including sudden difficulty speaking, numbness or weakness in your face, arms, or legs, difficulty walking, face drooping, severe headache, dizziness, or confusion), white appearance of the skin, or unusual pain during or shortly after treatment, you should notify Dr. Carter immediately.

*Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467.*

Please make an appointment for follow-up and reassessment in 4 weeks.

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**Patient Name (please print)**

**Patient Signature**

**Date**