



11638 Plaza America Drive
Reston, VA 20190
(571) 313-8962
MiraSpaandSalon.com

A Few Things Before Your Dermal Filler Appointment

Thank you for booking your dermal filler appointment with our resident injector, Leana. We wanted to share a few instructions to reduce the amount of bruising and/or swelling from the injection sites:

Before your Treatment

1 WEEK BEFORE

- AVOID blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Please consult your physician if you are taking Aspirin for medical reasons!
- AVOID supplements including St. Johns Wort, ginko biloba, primrose oil, garlic, ginseng, Fish Oil, and Vitamin E.

3 DAYS BEFORE

- AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products.
- AVOID waxing, bleaching, tweezing, or hair removal cream on the area to be treated.



11638 Plaza America Drive
Reston, VA 20190
(571) 313-8962
MiraSpaandSalon.com

24 HOURS BEFORE

- DO NOT DRINK alcoholic beverages.

Additional Dermal Filler Before Care Instructions

- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let us know if this is the case. If you've been prescribed antiviral medication for this issue in the past, it may be a good idea to have some on hand if you feel an eruption starting.
- DO NOT USE dermal fillers if you are pregnant or breastfeeding, are allergic to ingredients or suffer from neurological disorders. Please inform us if you have any questions about this before your treatment.

Day of Treatment

- Arrive at the office with a "clean face" - washed and without makeup.
- To maximize your comfort during the procedure, a topical anesthetic may be applied. Sometimes, a local numbing medication will be injected into or around the area(s) to be treated.



11638 Plaza America Drive
Reston, VA 20190
(571) 313-8962
MiraSpaandSalon.com

Within the First Hour of Treatment

- Immediately after the treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Avoid itching, massaging, or picking around the injection site. This is normal and generally disappears within a few hours to a few days. If these symptoms last more than 3 days, please contact our office.
- As part of your aftercare we will provide you with an ice pack. Continue to ice at home for the next 3 hours as needed, 20 minutes on and 20 minutes off.
- You may take acetaminophen (Tylenol) to reduce any pain as necessary. Avoid NSAIDS or products with ibuprofen (Motrin, Aleve, or Advil).

Within 6 to 10 Hours of Treatment

- Avoid drinking alcohol or partaking in strenuous exercise, as it may result in additional bruising.
- Until the swelling and redness have resolved, avoid intense heat in the treated area(s). This includes sunbathing, tanning, saunas, hot tubs, or hot wax. Also, avoid extreme cold such as skiing or other winter sports.
- To help alleviate bruising, we recommend the topical application of Arnica - a natural ointment commonly used to reduce bruising. You can find this in the natural foods section of your grocery store, or at local pharmacies.
- Minimize movement of the treated area(s). However, you can massage the



11638 Plaza America Drive
Reston, VA 20190
(571) 313-8962
MiraSpaandSalon.com

area if there is a visible bump. Depending on the areas treated and the product used, you may feel "firmness". These areas will soften and settle with time (usually 1-2 weeks).

- Sunscreen and makeup can be applied, and the area can be gently washed with a gentle cleanser, such as Cetaphil or Dove bar soap to avoid additional skin irritation. Do not use cleansers that have abrasive exfoliants or other medical-grade ingredients.

Additional Dermal Filler Aftercare Recommendations

- DO NOT DRINK alcoholic for 24 hours
- For most patients, the benefits of dermal fillers can be enhanced by using a medical-grade skincare system, such as Skin Medica, ZO Skin Health, or Vi Derm Skincare line containing Vitamin-C can strengthen the skin and improve laxity and texture. Additionally, use of Tretonoin (or Retin-A) helps rebuild cells in the skin's epidermis (or top layer). Over time, Tretonoin can strengthen skin, improving firmness and resiliency. Medical-grade skin care products with a minimum 0.5% Retinol will also produce these desired results.
- 98% of skin damage (aging, wrinkles, dark spots, and hyper-pigmentation) is caused by sun damage. Wearing sunscreen is critical to maintaining the look and health of your skin. Sunscreen should be re-applied after every 4 hours of sun exposure. Minimum 45 SPF recommended.