



New Image Works  
3633 W Lake Ave, Ste 303, Glenview, IL 60026 (224) 432-5803  
1348 N Wells St, Chicago, IL 60610 (312) 638-4979  
2920 NE 207th Street, Suite 1005, Aventura, FL 33180 (786) 438-0778

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## PRE-TREATMENT INSTRUCTIONS FOR DERMAL FILLERS

To ensure the safest possible treatment and best results, please follow these instructions before your appointment.

### TO PREVENT INFECTION

- No makeup on the day of treatment – arrive with a clean face.
- No active skin infections or wounds anywhere on your body.
- No dental work (including cleanings, deep cleaning, extractions, or surgery) for 4 weeks before and 4 weeks after your dermal filler treatment.
- No surgical procedures for 4 weeks before and 4 weeks after your treatment.
- No active cold sores. If you feel one starting, please contact us to reschedule.
- If you are on Accutane (isotretinoin), you must wait 6 months after your last dose before having dermal fillers.

### TO PREVENT OR MINIMIZE BRUISING AND SWELLING

- Stop all supplements that can increase bleeding/bruising (including fish oil, vitamin E, herbal preparations like ginkgo, garlic, St John's Wort) 2 weeks before your procedure.
- Avoid alcohol for 72 hours before treatment.
- No coffee or caffeinated drinks for 6 hours before your appointment.
- No exercising or vigorous activity for 6 hours before your procedure.
- Stop NSAIDs (ibuprofen, naproxen, etc.) 2 weeks prior if possible, unless prescribed by your doctor — do not stop prescription medications without consulting your healthcare provider.
- No smoking or vaping for 6 hours before your procedure.



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## IMPORTANT NOTES

- Inform us of all medications, allergies, and medical conditions.
- Let us know immediately if you develop any illness, skin infection, or cold sore before your appointment.
- Following these instructions helps reduce the risk of infection, bruising, and complications, and improves your healing and results.

## POST TREATMENT INSTRUCTIONS FOR DERMAL FILLER

For optimal treatment results at New Image Works med spa, it's essential to carefully review these instructions. By signing below, you confirm that you have read and fully understand the guidelines. If you experience any unexpected side effects or abnormalities not listed, please contact our office immediately for assistance. Your safety and satisfaction are our top priorities.

## TREATMENT RESULTS

- Immediately after a dermal filler injection session, redness, swelling, and/or bruising may appear in the treatment area. To reduce the risk of edema and/or bruising after injection, an ice pack wrapped in cloth (avoid any direct contact of the ice with the skin) is applied to the treated areas.
- It may take a minimum of 3-6 weeks for treatment results to settle.
- Minor bruising and swelling is normal and to be expected.
- Lumps and/or bumps may temporarily occur at or along treatment site(s). These will resolve with time and are seldom a cause for concern.
- Minor pain at injection site is normal and to be expected. Pain may last up to a week post treatment.
- Asymmetry and irregularity of tissue treated is common post treatment and usually resolves itself.



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## PATIENT INSTRUCTIONS

- Within the first 24 hours, an ice pack wrapped in cloth (avoiding any direct contact of the ice with the skin) can be applied to the treatment area to reduce swelling and bruising.
- Dermal filler may cause redness, swelling, or bruising when first injected into the skin, typically resolving in hours to one week. Hematoma may also occur, typically resolving in hours to about two weeks. Worsening or prolonged symptoms or signs should be reported to the health care provider. The original skin depression may initially reappear, but the depression should gradually improve within several weeks as the dermal filler settles.
- The health care provider will assess the need for additional dermal filler injection sessions after at least in 2-4 weeks.
- Aesthetic make-up may be applied 24 hours post-treatment if no complications are present.
- Exposure of the treated area to sun and UV lamp exposure and extreme temperatures are to be avoided until any initial swelling and redness has resolved. Patients should be informed about appropriate sunscreen protection according to the physician's advice.
- Avoid exercise for 24 hours after treatment.
- Diligently follow your practitioner's instructions with use of antihistamines if you are prone to seasonal allergies.
- If you experience severe weather or dramatic atmospheric pressure changes in your geographic location, you may experience greater than normal swelling or complications.
- To avoid additional swelling, sleep with head elevated for 2-3 days post treatment.
- Avoid washing your face for 12 hours following treatment.

### **Contact us if you:**

1. Experience increased redness, swelling or pain at injection site.
2. Have additional questions or concerns regarding your treatment/treatment follow-up.