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### **Post Treatment Instructions for Dermal Fillers**

A few simple guidelines before and after your-treatment can make a difference between a good result and a fantastic one.

- Do not touch, press, rub, or manipulate the implanted areas for 6 hours after your treatment. You can cause irritation, sores, undesirable result, and/or possible scarring.
- Avoid vigorous exercise as well as sun/heat exposure for 3 days after treatment.
- Avoid aspirin, ibuprofen, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, or any other essential fatty acid supplements at least 3 days and preferably 1 week after treatment.
- Do not use Retin-A or like products for 2 days after treatment to avoid increased irritation and redness.
- It is best to wear no makeup or lipstick until the next day. Earlier use can cause pustules. If you must wear makeup, we recommend a good quality mineral makeup.
- Avoid alcohol, caffeine, niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment.
- Remember that "one side may heal faster than other side."
- Remember that it takes two weeks for full results to develop and resolution of temporary swelling to resolve; try not to form your final judgement on the treatment for two weeks. You must wait two weeks before retreating or correction.
- Report any increased pain, swelling, redness, blisters, or itching immediately should they occur following your treatment.

**If you should have any questions or concerns please feel free to contact us at  
(336) 489-4400.**