



LIVING YOUNG
CENTER FOR HEALTH & ANTI-AGING

How to Prepare for your Appointment

Dermal Fillers / Lipo Dissolve / Pellet Insertion

- To minimize bruising, be sure to avoid alcohol for 24 hours prior to your appointment.
- Stop taking any blood thinners for one week, including: NSAIDS (Ibuprofen, Aspirin, Naproxen Sodium), fish oil, and any vitamins beginning with a "G".



How to Care for your Dermal Filler Treatment

- Your results are immediately visible but may appear fuller than expected due to swelling and/or bruising. Minimal to moderate bruising and swelling are commonly reported side effects. Swelling may last several days and bruising longer; depending on the amount of bruising and how quickly your body can clear any bruising you may have.
- It is normal to experience some tenderness a few days following treatment. In addition to mild to moderate pinkness of your skin.
- Light, intermittent application of an ice pack or cold compress to the treated areas immediately following your injections may help to reduce swelling or redness. Direct and extended contact of ice to the skin should be avoided.
- Avoid massaging, aggressively scrubbing or rubbing your treated areas for a period of two weeks. This includes strenuous rubbing when applying skin care and cosmetic products.
- Extreme temperatures should be avoided for several days following treatment. This includes sun exposure, UV lamps, saunas, skiing or exposure to extreme cold should be avoided until any redness, swelling or bruising have resolved. Use of daily sunscreen is recommended.
- While very rare, Vascular Occlusions can occur. These are almost always immediately visible by your injector. However, it is important to know what to look for, a whitening or bluish coloring of the skin in a concentrated area can be an indication of a vascular occlusion. Reach out immediately to explore this further.
- You may reach the office via phone at (727) 319-6884 or by text at (727) 205-1089. In the event of an emergency always call 911.
- Be sure to schedule and attend a follow up appointment in two weeks.

We look forward to seeing you at your two week follow up appointment!

Please reach out if you have any questions.