

EDEN MEDISPA & DR. LYNORE MARTINEZ
405 Kiva Court Santa Fe, NM 87505
(505) 988-3772 www.edenmedispa.com

DERMAL FILLERS (Juvederm, Radiesse, Restylane)
Client Pre- and Post-Care Instructions

1. After your treatment, you might have some redness and swelling. This will normally last less than seven days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond seven days or if other reactions or side effects occur, please contact us.
2. Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed.
3. Sunbathing and cold outdoor activities should be avoided until any redness or swelling disappear.
4. If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to your provider (Dr. Martinez or Belinda Mori) about medications that may minimize a recurrence before your treatment.
5. Avoid exercise and alcohol for twenty four hours after treatment.
6. Having a follow-up treatment before the product has fully dissipated will maintain your refreshed appearance. Please be sure to consult us about recommendations for touch-up or following-up treatments.
7. Please observe the following: One week prior to your next treatment with a Dermal Filler, avoid taking St. John's Wort, high doses of Vitamin E supplements, aspirin and other non-steroidal anti-inflammatory medications such as ibuprofen. These agents may increase bruising and bleeding at the injection site.
8. If you bruise easily, we suggest starting you on an anti-bruising and anti-swelling oral medication the day of your treatment. We recommend Sineech Capsules. Also we have a makeup bruise kit available to cover up any bruising that may occur until they heal.

Updated May 2010