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AESTHETICS & WELLNESS

Filler Pre Treatment Instructions

You are NOT eligible for this procedure if:

- Typical downtime for this procedure ranges from 3-5 days of swelling or longer if you experience bruising. Please be sure to plan this procedure accordingly to your personal schedule with 2 weeks downtime.
- Taking anticoagulants is not a contraindication, however it may increase your risk of bruising. Please stop these medications 7 days before treatment if medically permitted. This includes Ibuprofen, Motrin, Advil, Aleve, Aspirin and Fish Oil. Notify your provider if you are on any type of prescription anti-coagulant therapy (Coumadin, Xarelto).
- If you often bruise, Arnica oral supplements are available on our online www.lacheleshop.com, or in store. Ideally, start these two days prior to your procedure.

How to prepare for your procedure:

- If you have a history of Herpes Simplex (cold sores) and you are planning to treat your lips or around your mouth, please inform the staff prior to your treatment for a prophylactic anti-viral prescription to be called in to your pharmacy.
- Please arrive prior to procedure with NO makeup, creams, or oil on the treatment area.
- If you have any dental procedures within six months of your treatment, please notify your injector.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com

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Filler Post Treatment Instructions

- Immediately after the treatment, there may be slight redness, swelling, tenderness, bruising and or itching at treated site. This is a normal occurrence after injection. This is temporary and generally disappears within hours to a few days. Bruising in all treated areas may last 1-2 weeks. Acute and worsening pain is NOT normal. If occurs please apply heat to area and call Dr. Espinoza cell phone listed below immediately.
- The initial swelling after lip injections may last longer. Some patients experience swelling for about a week and the lips can look uneven during that time. This means that the result directly after treatment should not be seen as the final result. You should massage the injected areas (if instructed to) in order to smooth and soften any lumpy areas.
- The treated areas may be cleansed as you normally do. If necessary, light make-up may be applied only after twelve hours following treatment.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (i.e.: sun tanning, saunas, hot showers, and sun bathing).

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- If you have a history of cold sores (around the mouth or on the face), there is a risk that the needle punctures could contribute to another eruption of cold sores.
- If you take Aspirin or a similar medication, be aware that these may increase the bruising and bleeding at the injection site
- Avoid drinking hot beverages for 2 hours after treatment if local anesthetic (numbing cream) was used during your procedure.
- Avoid any dental procedures within 2 weeks of filler.
- Avoid eating salty foods for the first 24 hours after lip filler.
- Avoid wearing goggles for the first 7 days after under eye filler.

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