

## INSTRUCTIONS

### Dermal Filler Treatments

#### WHAT CAN I EXPECT?

Your Restylane or Sculptra appointment unfolds within our serene aesthetics suite - non-invasive, bespoke, with results that blossom over time. Expect immediate uplift, with full refinement visible around days 7-10. Effects typically linger for 6-12 months, though individual experiences vary.

Industry-standard: Most fillers take 4-7 days for visible results; longevity spans 6-12 months.

#### PRE-TREATMENT INSTRUCTIONS

- Avoid blood-thinners and alcohol for 24+ hours before your visit.
- Reschedule if there's any active skin concern in your treatment area.
- Cold-sore prone? Let us know - we'll send prophylaxis to ensure peace of experience.
- Plan your appointment at least 4 weeks ahead of significant events to let your beauty land softly and settle fully..

#### POST-TREATMENT CARE

Because these treatments are non-invasive, there is minimal to no downtime. However, to care for your skin effectively after treatment, we advise the following:

- Avoid touching your face and hold off on applying makeup for at least 4-6 hours.
- Apply ice or a cool compress gently (wrapped in cloth) several times throughout the first 24-48 hours to soothe swelling.
- Sleep elevated, on your back. Avoid workouts, alcohol, heat, and pressure for 24-48 hours.
- Ache or tension? Tylenol is your refined ally - skip the NSAIDs.
- Opt for Arnica or bromelain if you wish.
- Resume gentle skin rituals only after 2 days; the rest can wait.
- Hydrate wholeheartedly and shield your glow with SPF every day.
- Follow-up at 2 weeks to ensure you love your look, and to let us capture the final look. If enhancements or tweaks are desired, we'll use your follow-up to address.
- Contact us immediately if you notice signs of concern - severe pain, discoloration, lumps, or other unexpected changes. Vascular occlusion or complications require prompt attention

If you have additional questions about your upcoming facial aesthetic service, please call us at 317.785.7470.