



# AEGIS | MD

FACE • BODY • SKIN • VEINS

## DERMAL FILLERS

Dermal fillers can help harmonize one's appearance by adding volume to the face, smoothing lines, and contouring areas of the face that have lost shape or definition. Made from an injectable gel composed of Hyaluronic Acid (HA), dermal fillers deliver nutrients to help our skin retain softness, moisture, and repair damage. As with all services, it is important for you to **use** your medical grade skin care regime before and after treatments. We recommend using Skin-gestible Luma Glow Fatty Acid Antioxidant Oil Blend™ to treat your skin from the inside out. Schedule your Complimentary Reveal360™ Skin Care consultation to determine a skincare regime that will give you the best results.

## PRE-CARE INSTRUCTIONS

- Please advise your medical provider with history of allergies, medications, and **any** changes in medical history
  - **Please advise us if you have severe allergies with a history of anaphylaxis, allergies to hyaluronic acid, bee venom, lidocaine, or other local anesthetics**
  - **Please advise us if you have recently finished antibiotics**

### 2 Weeks Before:

- Please contact us prior to treatment if you suffer from cold sores or have been diagnosed with the herpes simplex virus. Anti-viral medications such as Valtrex can be taken prophylactically to prevent an outbreak
- **Do not** receive immunization (such as the flu shot) **2 weeks before and after treatment**
- One week before treatment, avoid anti-coagulants, platelet inhibitors, and NSAIDs if not medically necessary. **IMPORTANT: Do not stop taking any medication that has been prescribed or recommended by your doctor.**
- Essential fatty acids, including Luma-Glow, can increase the risk of bruising. If bruising is of concern, refrain from essential fatty acids for 7 days before treatment
- **Do not** have dental work **2 weeks before and after treatment** (including dental cleanings)
- Avoid oral surgery for at least **one month** before treatment

### 3-5 Days Before:

- Avoid smoking and alcohol 48 hours before treatment
- **Do not** receive treatment while you have any type of active infection, such as cold or flu. Please call us to let us know so that we can offer you an alternative appointment

## POST-CARE INSTRUCTIONS

- **Avoid air travel for 2 weeks post treatment**
- Avoid touching the treated area for a minimum of 6 hours
- Avoid massaging or putting pressure on the area for 2 weeks
- Swelling and bruising are normal. Ice can be used as needed. If the treated area is uncomfortable, over-the-counter pain medications, such as Tylenol, can be taken.
  - Avoid NSAIDs such as Aspirin, Advil, Motrin until swelling has subsided
- Avoid prolonged exposure to UV rays
- Avoid applying makeup for the first 12 hours post treatment

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- For the first few nights, try to sleep slightly elevated to prevent excessive swelling
- Avoid strenuous activity such as exercise for 48 hours after treatment
- Avoid radio frequency based facial treatments or aggressive treatments for 4 weeks
- Gentle facial treatments may be used 2 weeks after treatment
- **Do not** receive immunization (such as the flu shot) **2 weeks before and after treatment**
- Peak Swelling can persist up to 4-5 days following treatment, minor swelling can also persist up to 2 weeks following swelling
- Swelling can also cause asymmetry in the treated area, therefore, allow a minimum of 2 weeks for things to settle aesthetically before seeking any additional treatment.
- You may experience some tenderness at the treatment sites that can last a few hours to a few days, **however escalating pain and pain that is getting stronger or pain in another area of your face than the area that was treated should be reported**
- Depending on the areas treated and products used, you may feel firmness in the treated areas 1-2 weeks after treatment. Over time the areas will soften and settle
- How one presents following treatment can vary from person to person as this type of response is contingent upon how one's body responds to treatment - as this type of response is client specific.

**IMPORTANT INFORMATION:** You may experience temporary redness, swelling, itching, pain, firmness, or bruising at the injection site. If this occurs, apply a cold compress.  
**If you are experiencing significant pain and have changes in skin tone (blanching / white spots). Please contact the clinic immediately.**

For any other questions or concerns, do not hesitate to contact the clinic.  
Phone: 905 682 3447 Email: [info@aegismd.ca](mailto:info@aegismd.ca)

**After Hours:** Dr. Christina Plaskos – 905 328 9959