

Pre- and Post-treatment care for fillers and biostimulators:

****Pre-Treatment Instructions:****

1. ****Avoid Blood Thinners:**** For 1 week prior to the treatment, avoid medications and supplements that may thin the blood, such as aspirin, ibuprofen, and certain herbal supplements like fish oil, vitamin E, and Ginkgo Biloba, as they can increase the risk of bruising.
2. ****Limit Alcohol and Caffeine:**** Refrain from consuming alcohol and caffeine for at least 24 hours before the procedure to minimize the risk of bruising and swelling.
3. ****Inform Your Provider:**** Make sure to disclose any medical conditions, allergies, or medications you're taking. Also, mention if you have a history of cold sores, as an antiviral medication may be needed prior to the treatment.
4. ****Hydrate and Moisturize:**** Drink plenty of water in the days leading up to the treatment, and keep your skin well-moisturized for optimal results.
5. ****Plan Ahead:**** Schedule the treatment at least 2 weeks before important events to allow any swelling or bruising to subside.

****Post-Treatment Instructions:****

1. ****Avoid Touching the Area:**** Do not touch, massage, or apply pressure to the treated areas for at least 24 hours. This will allow the filler or biostimulator to settle properly.
2. ****Minimize Heat Exposure:**** Avoid saunas, hot baths, and intense exercise for at least 48 hours post-treatment, as heat can increase swelling and bruising.
3. ****Use Cold Compresses:**** Apply a cold compress to the treated areas to reduce swelling and bruising, especially in the first 24 hours.
4. ****Stay Upright:**** Keep your head elevated for the first few hours after treatment and avoid lying down flat, which can affect the placement of the filler.
5. ****Limit Sun Exposure:**** Protect the treated areas from sun exposure and avoid tanning beds for at least a week. Use sunscreen diligently.
6. ****Avoid Makeup:**** Refrain from applying makeup for at least 24 hours post-treatment to reduce the risk of infection.
7. ****Stay Hydrated:**** Continue to drink water and keep your skin moisturized for the best healing and results.

Results typically improve over the course of several days to weeks, depending on the type of filler or biostimulator used.