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Pre Cosmetic Facial Treatment Instructions:

- Have a nice breakfast or lunch, and an extra glass of water, you will be more comfortable
- Many patients like to take a couple of plain Tylenol before treatment to prevent discomfort
- Bruising is seldom a problem, but can be reduced by minimizing your consumption of ASA, alcohol
- If you take vitamin E, please refrain for 3 weeks prior to treatment (as it causes bruising)
- Please wear no makeup, or makeup that is easy to remove, so that the area to be treated can be clearly seen

Post Treatment Instructions:

After Neurotoxins:

- Do not rub or massage the treated area for 24 hrs after treatment
- No strenuous exercise for 24hrs after treatment
- Avoid facials and saunas for 4 hrs after treatment
- Do not lie down within 4 hrs after treatment

After Facial Fillers:

Avoid for the first 12 hrs:

- Applying makeup to the area
- Touching or pressing on the treated area

Avoid for next 24 hrs:

- Strenuous exercise
- Consumption of alcoholic beverages
- Extended exposure to the sun, heat or extreme cold weather
- Manipulation or massaging of the treated area

For the next 48 hrs:

- Sleep on your back. If you have one, an airline neck pillow will help

Avoid for 2 weeks after treatment:

- Extreme hot and cold temperatures, including saunas or hot tubs
- Prolonged exposure to sunlight or UV light
- For nose augmentation do not wear ANY glasses
- For cheek augmentation make sure glasses are NOT sitting on cheeks

After all Facial Treatments:

- After treatment, there is occasionally some pain, swelling, itching or redness at the site of injection- similar to what you would experience after any injection. Redness may last for 1-2 days, occasionally longer in some patients, but can be covered up with make-up the next day. If swelling or redness persists longer than one week please contact us.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. hot packs, sunbathing, saunas, hot tubs etc.), or to intense cold.
- Cold compresses or ice packs can also be used to reduce any swelling, itching or discomfort on advice of the surgeon only, as ice is not recommended with some materials.
- If you develop any bruising you can use cold wet black tea bags as a compress or take oral Arnica or apply Arnica lotion topically. Arnica can be purchased at your local health food store. Eating raw pineapple contains Bromelin which is a natural supplement to promote healing and reduction of bruising. Normal healing time for bruises is 7-10 days.
- You may take plain Tylenol as necessary to reduce swelling and discomfort.
- Advil or ASA (Aspirin) should be avoided as it may increase the chance of bruising around the treated areas.
- Avoid drinking green tea for 6 weeks after fillers as it can cause bleeding
- If you had your lips augmented, avoid excessive mouth movement such as drinking from a straw, kissing, and biting into hard food such as apples until the day following treatment. You may apply lipstick at any time.
- If you receive injections of neurotoxins like Botox or Xeomin we recommend waiting a few days (two or three) just to be safe, before having a facial. Some facialist's may press harder than others, we would not want someone to move around the neurotoxin before it has time to be absorbed.
- If you receive facial filler injections, such as Juvéderm, Restylane, Voluma, and Radiesse, we recommend waiting a couple of days before having a facial done. If you are experiencing swelling or bruising wait a week, as this is an indication that more time is needed for healing.
- Plan to return for a follow-up visit in 10 days to 2 weeks to determine if any adjustments are required, as every treatment is customized to your individual anatomy, sometimes adjustments are needed.
- If you have any questions please feel free to call our office.