



SENTINEL HEALTH LLC
— SH AESTHETICS —

Natural Enhancement. Lasting Confidence.

DERMAL FILLER & BOTULINUM TOXIN

BEFORE & AFTER CARE

Your guide to the best results and a smooth recovery.



Before Care

HELP SET THE STAGE FOR SUCCESS



Avoid Blood Thinners

For 3–7 days prior (if medically safe), avoid aspirin, ibuprofen, naproxen, vitamin E, fish oil, and alcohol, as they may increase bruising. Always check with your provider.



Pause Certain Skincare Products

Avoid retinoids, exfoliants, and harsh active ingredients (like glycolic or salicylic acid) for 3–5 days before treatment.



Stay Hydrated

Well-hydrated skin responds better and heals more smoothly.



Protect Your Skin

Avoid excessive sun exposure and tanning (including tanning beds) for at least 48 hours before your appointment.



Communicate with Your Provider

Let us know about your medical history, allergies, current medications, and any previous experience with fillers or toxins.



Have Realistic Expectations

These treatments enhance your natural beauty. Results vary, and your provider will create a plan tailored to your goals.

After Care

FOR BEAUTIFUL, LONG-LASTING RESULTS



Avoid Touching & Rubbing

Do not touch, massage, or apply pressure to the treated areas for at least 4–6 hours (or as directed). This helps the product settle and reduces the risk of migration.



Manage Swelling & Bruising

Use a cold compress (wrapped in a clean cloth) for 10–15 minutes at a time during the first 24 hours. Keep your head elevated and avoid strenuous activity.



Limit Intense Activity

Avoid vigorous exercise, hot yoga, saunas, and excessive heat for 24–48 hours.



Be Gentle with Your Skin

Use a gentle cleanser and moisturizer. Avoid harsh skincare products, retinoids, and exfoliants for 3–5 days (or as directed).



Protect from the Sun

Wear SPF 30+ daily and avoid direct sun exposure or tanning beds to maintain your results and protect your skin.



Follow Up

Your provider may recommend a follow-up visit for optimal results and to assess your progress.

Healthy Skin. Confident You.



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