Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Facial esthetic treatments: SmoothLase®, EyeLase®, LipLase®, laser peel, microneedling, fillers and related laser care

Covers: SmoothLase®, EyeLase®, LipLase®, laser peels, microneedling (including with PRF), Bio Filler, traditional dermal fillers (hyaluronic acid or Radiesse, when ordered in advance), Botox or a similar neurotoxin when used as a facial treatment, and Fotona laser hair removal, vein treatment and mole removal, and Exion® Fractional RF and Clear RF.

Before your visit

- Avoid tanning and heavy sun exposure on the treatment area beforehand. Tell us if you have a sunburn. Avoid tanning beds for at least 2 weeks before treatment.
- Pause retinoids, exfoliating acids or scrubs for about 7 days before your visit, or for the time you were told.
- Tell us if you get cold sores (lip and mouth-area treatments can trigger them, even if you do not recall a prior outbreak), have taken isotretinoin (Accutane), take blood thinners, have a skin condition or infection, or are pregnant or breastfeeding.
- Take a cold-sore antiviral as prescribed by your provider, typically starting 2 days before treatment and continuing for 3 days after.
- Do not stop a prescribed blood thinner on your own. Ask the physician who prescribed it before making any change. Over-the-counter NSAIDs such as ibuprofen or naproxen, aspirin that is not a prescribed daily blood thinner, and supplements that can increase bruising are typically paused for 3 days to 1 week before and after treatment, as your provider directs.
- Do not eat for 2 hours before your visit. Avoid alcohol, caffeine and cigarettes for 3 days before and 3 days after treatment.
- Drink plenty of water the day before and the day of your visit, as advised.
- Arrive with clean skin and no makeup or lotion on the treatment area.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

What's normal

- Redness, warmth, mild swelling or a tight, sunburn-like feeling for a few days.
- Light flaking or peeling after a laser peel. Let it come off on its own; don't pick or scrub.
- After filler: mild swelling, tenderness or bruising where it was placed.

Skin care (this is the conservative timeline we use unless your dentist gives you different written instructions)

- Do not touch, press, rub or manipulate the treated area for at least 8 hours.
- Do not wash your face for at least 6 hours. Then use a gentle cleanser (such as Cetaphil) and lukewarm water, and remove any serum or dried blood as directed. Do not use a rough washcloth at first. A bland ointment (such as Aquaphor) or the product you were given may be used for dryness.

- No makeup and no sunscreen for 24 hours. Light makeup may be worn after 72 hours if the skin is intact. (This rule does not apply to Exion® Fractional RF or Clear RF; see the Exion section below.)
- After those first 24 hours, use a broad-spectrum SPF 30 or higher once your dentist says it's OK, and wear a hat. Avoid intentional sun, tanning beds and strong heat for at least 3 days, and avoid heavy sun for at least 10 days.
- Pause alpha-hydroxy acids, beta-hydroxy acids, retinol, strong vitamin C and other 'active' skincare for at least 1 month, or until your dentist says it is safe.
- Do not swim for at least 24 hours. Avoid saunas, hot tubs and strenuous exercise (heavy sweating) for 2 days, or as advised.
- Drink plenty of water the day of treatment and in the days after, as advised. Continue to avoid alcohol, caffeine and cigarettes for 3 days after treatment.
- Take your cold-sore antiviral as prescribed by your provider, typically 2 days before and 3 days after treatment.

After microneedling or PRF

- If you had a blood draw, keep the bandage in place as directed and drink fluids. A cool compress may be used 10 minutes on and 10 minutes off for swelling or bruising if your dentist says it is appropriate.
- If blistering or scabbing occurs, do not pick.

After Bio Filler or traditional dermal fillers (hyaluronic acid or Radiesse)

- Do not massage or press the area unless your dentist showed you to. Remain upright for about 4 hours after injections if you were so advised. Sleep with your head slightly elevated the first night if you were told to.
- Do not apply makeup over injection sites for at least 4 hours (and follow the 24-hour / 72-hour makeup rules above if the skin was also needled or treated with a laser).
- A cool compress can help with swelling (often 10 minutes on and 10 minutes off).
- Some swelling can make the area look uneven at first; the look often settles over 1 to 2 weeks.
- Call us at (972) 290-0903 for severe or increasing pain, or skin that turns pale, blotchy, gray or blue. For any change in vision, call 911.

After Botox or a similar neurotoxin

- Remain upright for 4 to 6 hours. Do not lie down or bend forward a lot, and do not rub the area or wear a tight hat or headband on it.
- Skip makeup over the injection sites for at least 4 hours.
- For the first 24 hours, or as advised: avoid strenuous exercise, facials, peels, laser treatments, alcohol and heat (sauna, hot tub, tanning).
- Mild redness, pinpoint bruising, or a brief headache can occur. Effects often start in 3 to 5 days and are more fully visible in 10 to 14 days.

After Exion® Fractional RF or Clear RF

- Exion® Fractional RF and Clear RF follow the manufacturer's (BTL) protocol below. For Exion visits, these steps take the place of the general skin-care timeline above. The general "no sunscreen for 24 hours" rule does not apply to Exion.
- Over-the-counter NSAIDs such as ibuprofen or naproxen are paused for one week before and one week after each session, unless a doctor prescribed them. Do not stop a prescribed blood thinner on your own; ask the physician who prescribed it.
- If treatment is near the mouth, take a cold-sore antiviral as prescribed by your provider, typically starting 2 days before and continuing for 3 days after.

- Right after treatment, the skin may be cooled and a soothing cream applied if needed. Avoid anything that irritates the treated skin for 24 to 48 hours.
- Avoid sun exposure or any excessive tanning for several days after the treatment. A broad-spectrum UVA/UVB sunblock should be used outdoors until the skin is completely healed.
- Makeup may be applied only 24 to 72 hours after treatment, and only on unbroken skin.
- After 24 hours, regular soap is fine. Avoid scrub soaps and exfoliants for the first 24 hours.
- A typical plan is 2 to 5 sessions. Your next session is scheduled only after the skin has fully recovered, typically 1 to 6 weeks later.

After Fotona hair removal, vein treatment or mole removal

- Tell your dentist at once if a pulse feels too hot. Wear the eye protection you are given for the entire treatment.
- Follow the skin-care timeline above. Do not pick at crusts. Do not wax, pluck or use depilatory cream on a hair-removal area during the treatment series unless your dentist says otherwise (shaving may still be allowed).
- Hair or a vessel may not fully respond, or may return; more sessions may be needed. If a mole or spot was treated, watch it as it heals. Suspicious lesions are biopsied or referred rather than laser-removed. If a biopsy or referral was recommended, complete that step.

When to call us

Call us at (972) 290-0903 if you have:

- Blistering, crusting, oozing or signs of infection
- Redness or swelling that gets worse after the second day
- A cold sore outbreak after a lip-area treatment
- After filler: severe or increasing pain, or skin that turns pale, blotchy, gray or blue. Call right away. For any change in vision, call 911.
- After mole or lesion treatment: heavy bleeding, or a site that does not heal or changes in color or shape

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.