

Dermal Fillers

Pre and Post Care Instructions

Before Treatment

- Avoid the following up to 2 weeks prior to treatment:
 - Blood thinners/anti-inflammatory medications such as Advil, Ibuprofen, Motrin, Aleve, Aspirin, Green Tea, Ginkgo Biloba, Ginseng, St. John's wort, Vitamin E, A and Fish Oil.
- Avoid any sun exposure for one week prior to treatment.
- Do not consume alcohol 24 hours prior to the treatment.
- Discontinue topical products such as Retin-A, retinols, retinoids, glycolic acid, alpha hydroxy acid, or any anti-aging products 2 days before and 2 days after treatment.

After Treatment

Exercise

Avoid exercise for 24 hrs post treatment.

Sun

Avoid sun exposure 72 hrs post treatment.

Massage

You must avoid massaging the treatment area and significant movement.

Alcohol

Avoid consuming alcohol or excess salts 24hrs after treatment to avoid extra bruising/swelling.

Swelling

If you have excessive swelling you may apply a cold compress gently to the area for 15mins per hour.

Pain

Use Tylenol for pain if necessary.

Sleep

Try to sleep face up slightly elevated to avoid swelling and movement of the filler.

Bruising

You can take Arnica two days before treatment and after treatment to help reduce the bruising and swelling that may occur. Arnica is not necessary for healing. This option is elective.

Skin and Laser Treatments

Wait a minimum of 4 weeks for skin care or laser treatments.

If you experience an extreme side-effect following the treatment you should immediately contact your doctor for professional medical help.