

Dermal Fillers Pre-Treatment Instructions

Before treatment (to prevent bruising):

- For 7 days before treatment, avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve. Also avoid herbal supplements, such as garlic, Vitamin E, Ginkgo Biloba, St John's Wort, and omega-3 capsules.
- Inform your provider if you have a history of Perioral Herpes (cold sores) to receive advice on antiviral therapy prior to treatment.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other anti-aging products.

Day of treatment:

- Arrive to the office with a clean face. Please do not wear makeup. You may bring your own makeup to apply after your treatment.

Dermal Fillers Post-Treatment Instructions:

- Avoid excessive heat such as saunas, hot showers, the hot sun, or cooking over a hot stove. These may cause the blood vessels to dilate and cause more bleeding and bruising.
- Avoid strenuous exercise after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.
- Avoid direct sunlight for prolonged periods of time. Wear sun block to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising.
- If lips are treated, avoid drinking through a straw immediately after your treatment.
- No massages of the treated area for 2 weeks after treatment.
- Do not put your face in a massage cradle for 2 weeks after treatment.
- You may shower and do most other regular daily activities.
- You may apply make-up after the procedure.
- You may gently apply cold compresses to the treatment sites to reduce swelling and bruising. Do not apply pressure.
- Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.
- You may use over the counter Arnica topically if needed for bruising.