

DERMAL FILLER PRE-CARE INSTRUCTIONS

Due to the possibility of bruising, we recommend scheduling your filler treatment at least two weeks in advance of any special events or vacations.

TO DECREASE BRUISE POTENTIAL:

- Avoid the use of Aspirin, Ibuprofen, Advil, Aleve, Motrin, Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, Omega-3, and Fish Oil for up to one week before and after your treatment as they can increase your risk of bruising.
- Avoid the use of alcohol 24 hours before or after your treatment to avoid excess bruising.
- Bruising and swelling are normal. Swelling can last 1-2 days. Bruising can last 1-2 weeks.
- You may take Arnica tablets 2-3 days before and after your treatment to reduce the risk of bruising.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment OR take your antiviral before to prevent cold sores.
- Do not use any filler if you are pregnant or breastfeeding or are allergic to any of its ingredients.