

DERMAL FILLER PRE-CARE INSTRUCTIONS

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance due to the likelihood of bruising
- 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, fish oil for up to 1 week before and after your treatment as they will increase your risk of bruising
- Avoid the use of alcohol 24 hours before or after your treatment to avoid excess bruising
- You may take Arnica tablets 2-3 days before and after your treatment to reduce the risk of bruising
- Do not apply products that are potentially irritating for 1-2 days before and after treatment (examples- tretinoin/Retin-A, glycolic acid, benzoyl peroxide, hydroquinone)
- 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.
- Please inform your provider if you have any questions about this prior to the day of treatment
- You may experience a mild amount of tenderness or stinging during and following injection
- Bruising and swelling are normal. Swelling can last 1-2 days. Bruising can last 1-2 weeks