

PRE AND POST CARE INSTRUCTIONS FOR FILLERS

Pre Care Instructions

- Avoid the use of Aspirin, NSAIDS, Ginko Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids for up to 1 week pre and post injection as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising
- You may take Arnica tablets 2-3 days prior to your injection to reduce the risk of bruising
- Do not apply products that are potentially irritating for 2 -3 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 a prescription for an antiviral prior to treatment

Day of Treatment

- We will apply topical anesthetic medication to the treatment area before your scheduled appointment (please arrive 30 minutes prior to procedure)
- Arrive with a clean face. Please do not wear makeup.
- You May experience a mild amount of tenderness or stinging during and following injection
- Redness and swelling are normal. Some bruising may also be visible
- **Call us immediately if you experience unusual pain or dusky color change.**

Post Care Instructions

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Do not massage treated areas after treatment
- After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks
- You may continue your topical products as mentioned above 1 week after injection