



Dermal Fillers Pre and Post Treatment Instructions

Pre-Treatment Instructions:

- Avoid the use of blood thinning products for 10 days: Aspirin, Ibuprofen (Motrin or Advil), Naproxen, Aleve, fish oil, ginger, ginkgo biloba, garlic oil, ginseng, St Jon's Wort, Vitamin E or Multivitamin supplements
- Consider taking homeopathic product called Arnica tablets (5 day pack to start 1-2 days before your injection date and continuing for 2 days after to minimize bruising and swelling)
- Avoid consuming alcoholic beverages for 24 hours prior to treatment
- Injectable treatments often require repeat treatments. Each time you are treated your initial outcomes may vary. For this reason, you don't want to plan any injectable treatments within a few days to a week prior to a major social occasion
- Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations

Post-Treatment Instructions:

- Do not massage or otherwise manipulate the area injected, unless directed by injector
- Use Tylenol only as needed for any soreness
- Resume or start taking 1,000 mg Vitamin C every day (must have normal kidney and liver function for this to apply)
- Eat fresh pineapple
- Avoid alcoholic beverages 24 hours after treatment
- Use a topical cold pack applied to site for 20 minutes on and off for 48 hours for optimal results
- Avoid extensive sun exposure for a day
- Avoid strenuous exercise for a day
- Avoid dental work for 2 weeks if the areas around the nose and mouth have been injected as well as activity that would require pursed lips or puckering of lips (including use of straws)
- Try to sleep with head elevated for 2-3 days to decrease swelling
- Avoid sleeping on your stomach for 2 weeks
- You may resume Aspirin or anti-inflammatory medication 2 days after the injection
- Over time the injected are will feel softer, more and more like your own tissue