



PRE AND POST TREATMENT INSTRUCTION FOR DERMAL FILLERS

PRE-TREATMENT INSTRUCTIONS

- One week before exclude: Aspirin (Advil, Aleve, etc.), Gingko Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E and any other essential fatty acids.
- Avoid Chemical Peels and Laser 1 –2 weeks prior to Dermal filler treatment.

POST-TREATMENT INSTRUCTIONS

Immediately after your procedure and for 24 hours you should avoid the following:

- Strenuous Exercise
- Sun exposure/heat exposure/tanning beds
- Alcoholic Beverages
- Massaging/pressing areas treated
- Extreme cold temperatures
- 48 hours after your procedure you may begin adding Gingko Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.
- If Laser treatment, Chemical Peel or any other procedure is considered after Dermal filler treatment, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before an/or after Dermal filler
- Take Arnica pills 4 days after the procedure to aid in potential bruise reduction. Place four pills underneath your tongue, twice a day. If you do bruise, you can take it each day until bruising has subsided. Bromelain is helpful in reducing any swelling and can be taken for the next 3-7 days. Bromelain is a pineapple based enzyme that also helps to reduce inflammation and bruising. Bromelain can be taken at 500mg twice a day for the next 3-7 days for swelling

EXPECTATIONS:

Fillers are generally well-tolerated, but there are some common short-term side effects to note:

You may notice pin-sized, red dots in the areas of injection. These will resolve in the following 24 hours, or when you first wash your face. - There can be swelling in the areas of injection, particularly in lip and undereye injections. This swelling can last up to a week, and can temporarily worsen with strenuous exercise, flying or salty meals.

****Please note:** some unevenness or asymmetry can be caused by swelling, which will eventually resolve. Patients should wait at least one week after treatment to determine whether true asymmetry is present, at which point a touch up can be scheduled.

- Because of the complexities of facial anatomy, there is always a risk of persistent unevenness or asymmetry. Unevenness can easily be fixed at a follow up visit.

**** IF YOU DEVELOP WORSENING PAIN, SKIN DISCOLORATION OR VISION CHANGES WITHIN THE FIRST 24 HOURS, PLEASE CONTACT THE OFFICE IMMEDIATELY. IF AFTER HOURS, PLEASE TEXT US.**

