



## **Dermal Filler Pre and Post Care Information**

### **Pre-Care Instructions**

- ✦ Avoid the use of Aspirin, NSAIDS, Gingko 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 advice on antiviral therapy prior to treatment
- ✦ Do not use the above stated if you are pregnant or breastfeeding, are allergic to any of its ingredients, or have a history of neurologic disorders.
- ✦ Familiarize yourself with the risks of using dermal fillers.

**Please inform your provider if you have any questions about this prior to the treatment**

### **Day of Treatment**

- ✦ You may use topical anesthetic medication in office before your scheduled appointment (please arrive 15 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

### **Post Care Instructions**

- ✦ Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- ✦ Avoid direct UV exposure for the rest of the day.
- ✦ Use a soothing, antiseptic cream to treat the area.
- ✦ 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. You may apply Arnica gel or take Arnica tablets to help decrease the amount of bruising.
- ✦ Avoid laser, IPL, or skin tightening treatments of the area for a minimum of 24 hours (or as directed by your provider) after injection.
- ✦ Sleep on your back for the first few nights to relieve pressure on the area and avoid disturbing the filler.
- ✦ Do not consume alcohol in the first 24 hours to avoid thinning the blood.
- ✦ Do not use AHAs, BHAs, Retinol, or Vitamin C for 24 hours after the procedure.
- ✦ Avoid laser treatments, microdermabrasion, and chemical peels for 2 weeks following the procedure.
- ✦ If there's anything you're unsure about, consult your cosmetic injector.

**Please keep this for future reference**