

**IMPORTANT**  
**Pre- Dermal Filler Instructions**

**A few simple guidelines to know before your treatment:**

- 1. 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 – 4 weeks in advance. This allows for any possible bruising or swelling to subside and a follow up appointment if needed.**
- 2. If possible, please arrive at the office without make-up or lipstick.**
- 3. Your appointment time is the time you need to arrive for numbing and pictures. Your visit with the practitioner is approximately 45 minutes after numbing.**
- 4. It is not recommended to have any invasive procedures or vaccinations 2 weeks before or after treatment. These include but are not limited to: Dental cleaning or dental work, surgery, tattoo or permanent makeup  
If this can't be avoided, it can be discussed with the practitioner and approved in certain circumstances**
- 5. It is recommended to discontinue the use of baby Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids at least 7 days before and after treatment to minimize bruising or bleeding. We do not recommend discontinuing prescription blood thinners (325mg of Aspirin, Plavix, Coumadin, etc) unless advised by your primary care doctor.**
- 6. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.**
- 7. If you have a history of cold sores with outbreaks, it is recommended that you are pretreated with medication prior to the injection treatments around or near the mouth area. Please notify us if you need cold sore medication prior to your treatment.**
- 8. If you develop a cold/flu, or if you have a cold sore, blemish, or rash, etc. prior to your appointment in the exact area to be treated, we recommend that you please reschedule your appointment until it resolves.**
- 9. We recommended discontinuing Retin-A for 2-3 days after treatment or until swelling is resolved.**
- 10. If you have recently had cosmetic filler injections, we would like you to wait at least 2 weeks to have ANY laser, peels, IPL photofacials or micro- dermabrasion unless otherwise approved by a practitioner in our practice**
- 11. If you have no contraindications, we suggest using Arnica sublingual tablets 1 day prior to treatment and after treatment until bruising and swelling have resolved. For your convenience VitaMedica Arnica tablets are sold at the front desk for \$12.00 or you can purchase another brand at local pharmacies.**

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**POST-TREATMENT DERMAL FILLER INSTRUCTIONS**

1. Apply light pressure with a covered ice pack to the treated areas for the next 12-24 hours. Place the icepack on the area for 20 minutes and remove the ice pack for 20 minutes. Continue this pattern several times for up to 24 hours to limit swelling and bruising.
2. Please do not, touch, press, rub, or manipulate the treated areas for 6 hours after treatment. This can cause irritation, sores or possible scarring.
3. You can be sore for up to 4 days and **if any bruising occurs, it can last up to 2 weeks depending on the size and color of the bruise.**
4. **Small lumps and bumps you feel are normal with filler injections and usually go away on their own within 2 weeks. If you can clearly see the bumps, please call the office for a follow up appointment.**
5. **Avoid vigorous exercise the day of the procedure and while you are bruised and/or swollen. This will allow for quicker healing.**
6. **Avoid massages where your face is pressed downward for several days.**
7. Avoid baby Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any other essential fatty acids until all bruising has resolved if approved by your physician. These can increase bleeding and bruising.
8. Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
9. Avoid the use of Retin-A or similar products (ex. Kinerase, Tretinoin, Differin, Tazorac) 2-3 days after treatment to avoid increased irritation or redness.
10. Avoid cosmetic treatments such as laser, peels, or microdermabrasion, microneedling, moxi, laser resurfacing for 4 weeks unless approved by your practitioner (Hydratherapy facials are permitted.)
11. **PLEASE report to your provider immediately if you have increased pain, swelling, redness, enlarging bruising, discoloration, blisters or itching following your treatment.**
12. Please remember one side may heal faster than the other side and that one side may be more swollen than the other. We recommend sleeping upright with a few pillows to prevent swelling to the side you sleep on. Ideally, sleeping on your back is best and helps the filler to last longer.
13. We suggest waiting 2 weeks after treatment for full results and healing of any bruising and swelling to subside.