

**IMPORTANT**

**Pre- Dermal Filler Instructions**

**\*Please contact the office if you're taking antibiotics or immunosuppressants, like Prednisone.**

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

- 1. SCHEDULING:** 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. MAKEUP:** If possible, please arrive without makeup or lipstick. We will need to remove it for your safety.
- 3. ARRIVAL TIME:** 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. RESTRICTED PROCEDURES:** It is not recommended to have any invasive procedures in the same area like surgery, tattoo or permanent makeup, vaccinations, dental work, ablative lasers (coolpeel, resurfacing), or microneedling with RF for 2 weeks before or after. It is also not recommended to have a dental cleaning, chemical peel, IPL/BBL or any procedure that causes swelling in the treated area 2 weeks before or after. Hydratherapy facials are permitted. If any of these above can't be avoided, it can be discussed with the practitioner and approved in certain circumstances. Since IPL/BBL is not invasive, it may be ok after treatment if the patient is not prone to swelling from that procedure and can be discussed with the provider.
- 5. ORAL MEDICATIONS:** 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 as these can increase bleeding and bruising. Please continue blood thinners if prescribed by a physician for another medical condition. We do NOT recommend discontinuing Plavix, Coumadin, ASA 325mg etc.).
- 6. FOODS:** Consider avoiding alcohol, caffeine, niacin, high-sodium (salty) or spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.
- 7. COLD SORES:** If you have a history of cold sores with outbreaks, it is recommended that you pretreat with medication prior to any injections or light treatments around or near the mouth area. Please notify us if you need cold sore medication prior to your treatment.
- 8. ILLNESS:** 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 with as much notice as possible.
- 9. TOPICALS:** We recommended discontinuing Retin-A or anything harsh such as glycolic acid or beaded scrubs for 1-2 days before and 2-3 days after treatment or until swelling is resolved.
- 10. ARNICA:** 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 or you can purchase another brand at local pharmacies.

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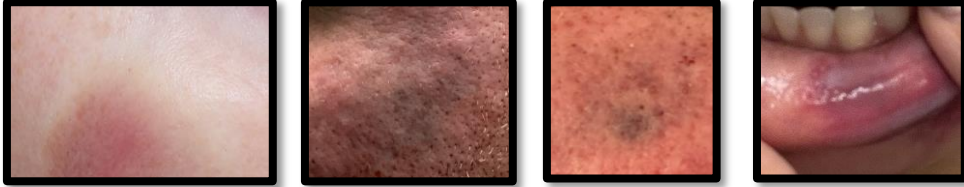
**POST-TREATMENT DERMAL FILLER INSTRUCTIONS**

1. **ICE:** 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. **AVOID AREA:** 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. **BRUISING:** 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. If the bruise is irregular in shape and or has white bumps within, please contact the office immediately.
4. **BUMPS:** Small lumps and bumps you feel are normal with filler injections and may go away on their own within a few weeks. If the bumps are visible after 24 hours, you can apply pressure with a Q-tip. If they still can be seen after massage or are growing, please call the office for a follow up appointment.
5. **EXERCISE:** Avoid vigorous exercise the day of the procedure and while you are bruised and/or swollen. This will allow for quicker healing.
6. **MASSAGE:** Avoid massages where your face is pressed downward for several days.
7. **ORAL MEDICATIONS:** 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 as these can increase bleeding and bruising. **Please continue blood thinners if prescribed by a physician for another medical condition.**
8. **FOODS:** Consider avoiding alcohol, caffeine, niacin, high-sodium (salty) or spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
9. **RESTRICTED PROCEDURES:** It is not recommended to have any invasive procedures in the same area like surgery, tattoo or permanent makeup, vaccinations, dental work, ablative lasers (coolpeel, resurfacing), or microneedling with RF for 2 weeks. It is also not recommended to have a dental cleaning, chemical peel, IPL/BBL or any procedure that causes significant swelling in the treated area 2 weeks before or after treatment. Hydratherapy facials are permitted. If any of these above can't be avoided, it can be discussed with the practitioner and approved in certain circumstances. Since IPL/BBL is not invasive, it may be ok after treatment if the patient is not prone to significant swelling from that procedure and can be discussed with the provider.
10. **TOPICALS:** Avoid the use of Retin-A or similar products (ex. Kinerase, Tretinoin, Differin, Tazorac) as well as harsh products such as glycolic acid or beaded scrubs for 2-3 days after treatment to avoid increased irritation or redness.
11. **SIDE EFFECTS:** Please report to your provider immediately if you have increased pain, swelling, redness, enlarging or irregular bruising, discoloration, blisters, pustules, whiteheads, or itching following your treatment. For examples of what to look for, see next page.
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 for full results and healing of any bruising and swelling to subside before considering a follow up and or additional treatment.

While problems with fillers are rare

PLEASE Notify Us if you have any of the following signs:

1. Any areas which appear pale, white, gray, or dusky purple



2. Numbness or tingling which has not resolved after 6 hours

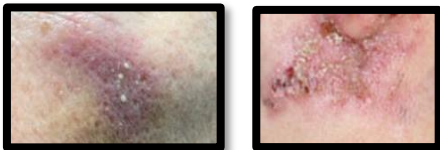
3. Intense or worsening pain (mild soreness for a few days is normal)



4. Splotchy redness in a net-like pattern



5. Any white bumps on a red base, blistering, crusting or open skin



6. Extreme Swelling

