

Pre-Treatment Instructions for Dermal Fillers

- Please inform your Clinician of any new medications including Aspirin and/or any other blood thinning medications. Avoid NSAIDS such as: Ibuprofen, Motrin, Advil, and Aleve. These medications may increase bruising and swelling.
- Alcohol may increase bruising, bleeding and swelling. Please refrain from alcohol consumption 24 hours before and after treatment.
- You may not have dermal fillers, if you are pregnant and/or nursing.
- Please inform your Clinician, if you have a history of cold sores/fever blisters. You may be given a prescription for an anti-viral medication. Treatment cannot be done if there are any active cold sores and/or skin infection. In this event you may be rescheduled.
- Most of our dermal fillers contain Lidocaine, which helps to decrease discomfort associated with the injection. Please inform the Clinician, if you are allergic to Lidocaine.
- If you have laser treatments performed on or around the injection site, you may have laser 2-3 days prior to injections and may resume laser treatments 7-14 days after injections.

Post-Treatment Instructions for Dermal Fillers

- Bruising is common and may last 7-14 days. You may ice immediately after the treatment and continue to do so at home 2-3 times a day.
- Please contact our office if you experience any signs of infection, fever, increased pain or redness in the treatment area.
- Avoid NSAIDs, such as: Ibuprofen, Motrin, Advil and Aleve. These medications increase the risk of bruising/swelling. You may take Tylenol, if necessary. We also have Arnica which is a homeopathic topical gel that you may apply to help with any bruising/swelling.
- Avoid touching the treatment area for the next 24 hours.
- Avoid strenuous activities and exercise for at least 24-48 hours.
- Your Clinician may recommend sleeping with the injected area elevated to prevent swelling.
- You may gently cleanse and apply make-up immediately after treatment, if there are no complications.
- You may be recommended a post-treatment skin care regimen to prolong and maximize your treatment.