



Dermal Fillers Treatment Guidelines

Pre-Treatment Instructions:

- Avoid anti-inflammatory/blood thinning medications, if possible for 1 week before your appointment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.
- You are not a candidate if you are pregnant or breastfeeding.

Post-Treatment Instructions:

- Avoid significant movement or massage of the treated area.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.