

Pre-Treatment Dermal Filler:

- No dental work or appointment 2 weeks pre - injection date.
- For 7 days prior to treatment appointment:
 - No NSAID's (ibuprofen, naproxen, Aleve, Motrin, Celebrex), No Aspirin and No blood thinners. If you are on medication prescribed by your doctor that may thin your blood or affect blood clotting, please notify your primary care provider you are planning on having an aesthetic medical procedure. Avoid supplements that tend to thin the blood such as Ginkgo Biloba, Garlic, Turmeric, Flax Oil, Fish Oil, Vitamin E.
- Avoid alcohol and nicotine 3 days prior to and after treatment as the use of these products contributes to potentially longer healing times as well as increased risk of complications and delay of optimal results.
- On the day of treatment, keep your face clean and do not apply makeup or moisturizers.
- No treatment if currently pregnant or breastfeeding.
- If you have a history of cold sores, please be sure to advise your provider prior to treatment to assess if an anti-viral prescription needs to be obtained.

Post-Treatment Dermal Filler:

- No dental work or appointments 2 weeks post injection date.
- No makeup or products applied on skin for 24 hours post treatment.
- No vigorous exercise for 24 hours following treatment.
- No Massage (avoid massage face cradle), No Facial pressure, No HydraFacial, No chemical peels for 2 weeks post injections.
- Ice can be applied to the treatment area to minimize swelling and discomfort.
- Tylenol (Acetaminophen) may be used for any discomfort after injection. The use of Arnica or other medical grade products may be used to help with bruising.
- It can take up to 2 weeks for swelling and any bruising to subside. If additional filler is desired in an area of previous treatment, your provider may ask you to wait until 4 weeks has passed.
- Call our office immediately if have signs of vascular occlusion: any sudden increase in pain or discomfort to treatment area, changes to your skin color such as red (erythema), blanching or whitening of skin, bruising outside of the injection site or cool temperature to the affected area.
- If there is any concern during your healing process, please call our office 916-242-2662.

