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### **Pre Treatment for Dermal Fillers**

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for at least 3-5 days before your appointment, unless medically necessary.
- You may take Tylenol® (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform us one week prior to your appointment; this will allow us time to prescribe a medication to prevent an outbreak.
- Bruising and swelling will be worse for the first 24-48 hours after you receive your dermal filler injections. Refrain from exercising for the remainder of the day following your injection(s). You may want to refrain from going to any special events during this time.

### **Post Treatment for Dermal Filler**

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness after the injections. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If there is persistent swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sunblock with an SPF of 30 or greater, combined with zinc oxide and/or titanium dioxide.
- Avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for 3-5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections.
- Remember your sunscreen daily, you want to protect your investment!