

PRE & POST TREATMENT INSTRUCTIONS

DERMAL FILLERS

Pre-Treatment Instructions:

- Please avoid any blood-thinning medications or supplements for one week prior to treatment. This includes aspirin, Motrin, Ibuprofen and Aleve. Also avoid herbal supplements such as Vitamin E, Ginko biloba and Omega-3.
- If you are on a prescription medication, please speak with your doctor before discontinuing any medication.
- Avoid topical retinoids, glycolic acid, AHA, BHA two days before treatment.
- Do not drink alcoholic beverages 24 hours before or after treatment.
- No oral antibiotics and steroids at least 1-2 weeks prior to your appointment.

Post-Treatment Instructions:

- Avoid significant movement or massaging of the treated area.
- Avoid strenuous exercise for 24 hours.
- Avoid applying any makeup for at least 6 hours to prevent infection.
- Avoid sun exposure for 72 hours after treatment.
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- Apply cold compress for 15 minutes every hour if you have swelling.
- Take Tylenol if you feel any discomfort.
- If you experience any case of excessive swelling, redness or bruises, please contact your healthcare provider.
- Avoid flying for at least 2 weeks to prevent aggravation to the treated area.

The information provided is for educational purposes only. Patients will be given the opportunity to have questions answered during their consultation before the procedure and will be advised of adverse reactions and alternative treatment options. It is the patients responsibility to adhere to pre-prep/post-prep instructions. For more assistance you can call us or visit your nearest Emergency Room for emergency situations.



LIFESTYLE & AESTHETIC MEDICINE

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