

DERMAL FILLER

Pre-Treatment Instructions

To help minimize swelling, bruising, and lightheadedness:

- For one week before treatment, avoid aspirin, ibuprofen (Advil®, Motrin®, Aleve®), and other NSAIDs, as these may increase bruising and bleeding.
- Eat a meal and drink plenty of water before your appointment.
- If you are prone to bruising, you may consider using topical Arnica for several days before treatment. Please discuss oral Arnica supplements with your provider before use.
- Please inform our office if you are scheduled to receive a vaccination around the time of your filler treatment. We may recommend spacing the vaccination and filler treatment apart.

Important Before Treatment

- Please contact our office if you have a history of oral cold sores, particularly if filler will be placed around the lips or mouth.
- Avoid elective dental procedures for two weeks before and two weeks after filler treatment, particularly if filler is being placed around the mouth.

Post-Treatment Instructions

- Avoid aspirin, ibuprofen (Advil®, Motrin®, Aleve®), and other NSAIDs for 36 hours after treatment unless otherwise directed by your provider.
- Avoid facials or massages that place pressure on the treated areas for two weeks.
- Avoid swim goggles or other tight-fitting equipment that places pressure on treated areas, particularly around the eyes or cheeks, for two weeks.
- Avoid plane travel, saunas and steam rooms for 72 hours after treatment.