

# Dermal Filler

## PRE & POST CARE



### BEFORE

- For optimal results and to minimize the chance of bleeding or bruising at the injection site, please **avoid all** blood-thinning medications and supplements for one week prior to your appointment. This includes over the counter medication such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements such as garlic, Vitamin E, Ginkgo Blob, St. John's Wort, and Omega-3 capsules. If you have cardiovascular history, please check with your doctor prior to stopping the use of Aspirin.  
Avoid topical products such as Tretinoin (Resin-A)
- A) retinols, retinoids, glycolic acid, alpha hydroxy acid, or any "anti-aging" products for two days before or after treatment.
- **Do not** drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising. It is best to stop drinking alcohol 1 week prior to help minimize bleeding.
- **Do not** use dermal fillers if you are **pregnant or breastfeeding**, allergic to any of their ingredients, or have a skin infection or cold sore at the planned injection site.
- If you are prone to cold sores, you should start taking Valtrex or another prescription antiviral medication 2-3 days before getting lip fillers.
- You can take begin taking Arnica at least two days prior to injections which will help the bruising.
- Arrive 20 minutes early to numb the area being treated.

### AFTER

- **No** touching area. Avoid significant movement or massaging of the treated area unless instructed by provider
- **Avoid** strenuous exercise for **24 hours** and extensive sun or heat for **72 hours**.
- **Avoid** consuming excessive amounts of alcohol or salts to avoid excessive swelling.
- **Stay** in upright position for the first 4 hours after treatment and try to sleep face up and slightly elevated if you experience swelling. Take arnica to help bruising and swelling.
- Begin taking at least two days prior to injections.  
**You can:** Eat and drink 35-40 minutes after, brush your teeth, wash your face/lips gently, apply sunscreen, wear light makeup if necessary one hour after treatment (do not use lips products the first day after).

### REMEMBER

- **Full results** appear as the swelling goes down **over a few days up to two weeks..**
- Touch-up appointments may be necessary after two weeks from treatment date. You cannot book touch-ups prior to the 2 week date.
- Redness, tingling and some swelling is typical for the first 24 hours. You can apply ice for 30 minutes at night. Use Tylenol (acetaminophen) for headache, tenderness, or discomfort.