

PRE/POST FILLER INSTRUCTIONS

PRE-FILLER CHECKLIST

Please refrain from having the following procedures at least 2 weeks prior to your filler appointment or your appointment must be rescheduled.

- Dental work (e.g., cleanings, fillers, etc.)
- Vaccinations (incl. Covid 19, Flu shots, and Shingles)

Please inform us if you have had any of the following a week before your filler appointment; depending on the severity, you may need to reschedule your appointment.

- Cold or Flu
- Sinus Infection
- Aspirin, Ibuprofen or Fish Oil

PRE-FILLER INSTRUCTIONS

1. Avoid using aspirin, non-steroidal anti-inflammatory medications (e.g., Ibuprofen, Motrin, Aleve), St. John's Wort, Ginkgo Biloba, Vitamin E, or Fish Oil (Omega 3's) supplements for one week before treatment. These may increase the risk of bruising or bleeding at the injection site. Tylenol is okay to use if effective and tolerated.
2. Avoid Alcohol 24 hours before the appointment, and 24 hours after treatment.
3. Eat a small meal prior to your appointment time
4. Please Arrive to your appointment with a clean face - No makeup is preferred
5. Arnica pellets (available at our office) to help reduce bruising and swelling. The best way to begin Arnica is two days before your procedure. We recommend three (3) pellets under tongue every 8 hours. Avoid eating or drinking 15 minutes before and after taking pellets for best absorption. We offer Arnica in the office before your treatment and recommend you continue for two days after treatment.
6. Eat pineapple daily or take a bromelain supplement (available in the vitamin section at the health food store) starting one week before your treatment and continuing until your treatment is complete.
7. Please tell your doctor if you have experienced cold sores in the past. If injecting around the lips, medication may be prescribed or administered at the time of treatment to prevent a flare.

IMPORTANT

8. No firm pressure to area of injection such as hats, snorkel masks, massage or facials to prevent infection or migration of product.
9. Do not FLY for 72 hours after treatment.
10. Do not have any dental procedures or receive any Vaccinations for Two weeks after treatment.

POST-FILLER TREATMENT INSTRUCTIONS

1. There may be redness, swelling or bruising for approximately 24 hours or up to one week following your treatment (be sure you don't have special events planned for that time frame).
2. To reduce pain and swelling, apply cold compress 10 minutes every hour for a few hours on the day of treatment.
3. Avoid touching the treated area within six hours following treatment. When numbing subsides you can gently wash the area with soap and water. It may be tender to touch.
4. You may experience swelling in the treated area. Please consult with the doctor if it isn't resolved within one week.
5. If bruising does occur, take 3 arnica pellets Three times a day for Five days.

IMPORTANT

6. Do not FLY for 72 hours after fillers.
7. No make-up or lipstick for 24 hours to treated areas. If lips are dry please use Aquaphor, Vaseline or Antibiotic ointment to moisten.
8. Avoid Saunas, Hot tubs, Ocean activities for 24 hours to prevent infection.
9. Avoid performing rigorous exercise, lifting heavy items for 72 hours after having fillers to decrease the chance of having post-filler bruising. You can bruise up to 5 days following filler treatment.
10. Avoid alcohol 24 hours after treatment.
11. No dental procedures or Vaccinations for two weeks after receiving fillers.
12. Sleep on your back, not on your face, as much as you possibly can for at least one week following treatment.
13. Filler Products can take up to Two weeks to settle, we advise against Any firm pressure to the treated area such as facials, massage or snorkel masks.

***If you experience increasing pain at the treatment site, please call our office Immediately or report to the nearest emergency room.**