

Pre-treatment

Two weeks prior...

- Schedule your injection at a time when minor swelling or bruising will not disrupt your social obligations. Each time you are treated, outcomes may vary.

One week prior...

- To lessen the likelihood of bleeding or bruising, discontinue the use of blood thinning products for 10 days before treatment, if approved by your primary care provider. This includes aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc.
- Alcohol is also to be avoided 24 hours pre- or post-injectable treatment, as it is also a blood thinner.
- You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated within 72 hours before your appointment.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the provider that you have made your appointment, one week before your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid exposure to the sun and prevent sunburn.

Day of appointment...

- If possible, come to your appointment with a clean face free of oils, makeup, and debris.
- Eat a balanced breakfast to help reduce the chance of dizziness or lightheadedness.

Post-treatment

- Swelling, bruising, tenderness, numbness, and areas of firm nodules may occur.
- Do not apply anything to your skin until the day after treatment: No cleanser, moisturizer, or makeup!
- DO NOT massage, touch, or manipulate the injection site.
- Avoid exercise the day of your treatment.
- Ice packs may be used to the treated area during the first 12 hours. Ice for 15 minutes on every hour.
- Avoid dental work for 30 days after filler injections.
- Avoid sleeping on your side or stomach for 24 hours post-treatment to prevent dispersing the product. We recommend you sleep elevated on your back and use pillows to stabilize yourself.
- If experiencing swelling, sleep with head elevated for 2-3 days to decrease swelling.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of two weeks before receiving any skin care or laser treatments.
- If you experience any of the following symptoms, contact our office immediately:
 - dusky or white discoloration of injected areas
 - mottling or unusual bruising
 - severe or increasing pain, redness, increasing warmth or coolness to touch, severe swelling, itching, blisters, difficulty swallowing or smiling, fever, or chills. If you notice onset of any of these symptoms, call our office immediately to speak with a provider. After hours, you will be connected with a medical provider through our answering service.