

Dermal Filler Pre-Instructions

Even though this is a quick in and out procedure, some pre planning, and a little preparation can help you get optimal results.

Pre Care Instructions:

- ✓ Schedule your treatment at least 2 weeks prior to a special event, such as a wedding or vacation, to allow for complete healing
- ✓ Avoid the use of aspirin, ibuprofen, ginkgo biloba, garlic supplements, green tea, flax oil, cod liver oil, vitamins A and E, and essential fatty acids for up to 1 week pre injection as they may increase your risk of bruising
- ✓ Please inform your provider if you currently take any prescription blood thinners such as Coumadin, Eliquis, Xarelto, Plavix. ***Do not stop any medications without consulting your physician***
- ✓ Do not drink alcoholic beverages 24 hours before your treatment to avoid extra bruising
- ✓ Do not apply products that are potentially irritating for 2 days before your treatment (examples: tretinoin, retinol, glycolic acid, benzoyl peroxide, alpha hydroxy acid)
- ✓ Inform your provider if you have previously suffered from cold sores, there is a risk that dermal filler injection near or into the lips can stimulate the occurrence of an outbreak. Please speak with your provider about medications that may minimize the occurrence of an outbreak.

Day of Treatment:

- ✓ We will use topical anesthetic medication to increase your comfort during the procedure. Please notify your provider if you are allergic to any topical anesthetics (lidocaine, benzocaine, tetracaine)
- ✓ Arrive with a clean face. Please do not wear makeup.