

Pre and Post-Care Instructions for Fillers

Pre-Care Instructions

- 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 medications such as aspirin, Motrin, ibuprofen, and Aleve. If you have a cardiovascular history, please check with your health care provider prior to stopping use of aspirin.
- Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid, or any “anti-aging” products for two days before and after treatments.
- Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients or suffer from any neurological disorders.

Post-Care Instructions

- Avoid significant movement or massage of the treated area, unless instructed by provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours.
- Avoid consuming excess amounts of alcohol or salts to minimize swelling.
- If you have swelling, you may apply a cool compress for 15 minutes each hour.
- Use Tylenol (acetaminophen) for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica (typically found in health food stores) to help the bruising and swelling. Begin taking at least two days prior to injections.
- Wait a minimum of four weeks before skin care or laser treatments.
- Avoid hot showers, steam room/saunas, hot tubs for at least 24 hours afterwards.
- Do not apply makeup for the rest of the day you got fillers injected.

Call the office immediately for any extreme increase in pain, tenderness, swelling, or color changes in the skin, especially around the nose.

I understand the above and will call immediately with questions or concerns.

Initial _____