

PRE-FILLER INSTRUCTIONS

Schedule filler appointments at least 2 weeks prior to any special events! ideal results, bruising and swelling may be apparent for 2 weeks after treatment.

Avoid aspirin for 10 days. Ideally avoid ibuprofen, Motrin, Advil, Aleve, Vitamin E, Ginseng, St Johns Wort, Omega 3/fish oil, for 5 days prior to the procedure, because these medications will make you more likely to bruise. Please call the office with any medication questions.

You may take arnica tabs for 7-10 days prior to your injection appointment

Tylenol will not cause bruising and is preferred for the week prior to treatment

Alcohol is also a blood thinner and should be avoided for 24 hours prior to the procedure to minimize bruising.

To minimize risk of infection, it is important to avoid dental work, including cleanings, for 2 weeks **before and after** your filler procedure

Reschedule your appointment if you have a cold sore. Please discuss antiviral medicines with you PC provider, they are recommended if you have a history of cold sores, as lip filler can trigger cold sores

POST-FILLER INSTRUCTIONS

Keep an ice pack on the area for 5 minutes in the office if necessary. You may use cool compresses at home but please do not ice further. Icing too aggressively or with too cold an ice pack can damage the skin and even cause scarring. Refrain from vigorous exercise for 48 hours (too reduce swelling & bruising)

Do not use any saunas or hot tubs for 24 hours.

Avoid sun exposure as long as bruising persists.

Do not massage or manipulate the treated area on the day or evening of treatment. If you have an area of concern, please call or text the office. You may wash your face normally.

You may apply makeup as usual the day after treatment.

Keep head elevated while sleeping to help decrease swelling.

If you experience discomfort or a headache, you may take Tylenol (acetaminophen). Wait until any bruises are resolved to take aspirin or ibuprofen (Advil). If you are having significant pain, please call our office immediately.

Transient bruising is normal and can possibly be minimized by taking Arnica tabs for a week prior to your appointment, and using Arnica gel on any bruises after treatment.

Do not have any dental work, particularly cleanings, done within 2 weeks after filler to avoid oral bacteria contamination of the filler (via the bloodstream).

Notify us immediately if you have excessive pain or swelling, blotchy bluish or dark red discoloration in any area, severe bruising, or if any crust, scab or rash develops.