



Dermal Fillers Pre and Post-Procedure Instructions

DERMAL FILLER PRE-PROCEDURE INSTRUCTIONS

- Schedule filler appointments at least 4 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. John's 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 can take arnica tabs for 7-10 days prior to your injection appointment although this is not mandatory.
- 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. Antiviral medicines are recommended if you have a history of cold sores, as lip filler can trigger cold sores.

DERMAL FILLER POST-PROCEDURE 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 avoid excessive 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.

Dermal fillers last, on average, 6-12 months. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging benefits. The most typical side effects (bruising, swelling, redness) are temporary and will resolve. However, please call the office to notify us if you experience any additional side effects.