



PRE-TREATMENT CARE

Dermal Filler Instructions

Pre-Treatment Instructions:

- Please arrive for your appointment with a clean face and without makeup.
- Avoid alcohol and smoking 48 hours before treatment.
- To minimize the risk of bruising or bleeding at injection sites, avoid taking unnecessary blood-thinning medications, supplements, or herbs for 2 weeks prior. These may include aspirin, ibuprofen, naproxen, fish oil, vitamin E, and other herbal supplements. For patients taking daily over-the-counter or prescription blood-thinners or blood-thinning medications, please check with your doctor first.
- No dental work 2 weeks before and 4 weeks after your treatment, even if your dental work is as simple as a routine cleaning. This may result in your procedure being rescheduled.
- No vaccines 2 weeks before and 2 weeks after treatment.
- Please reschedule your treatment if you are feeling sick.
- Avoid any procedures that disrupt the skin barrier for at least 2 weeks before filler treatment, including chemical peels, microneedling, and laser treatments. Please allow 4 weeks after CO2 laser treatment.
- If you have a history of herpes simplex virus (cold sores) in any treatment areas, notify your provider, as pre-treatment with an anti-viral medication will be required. Your provider will give you specific instructions.
- Notify your provider if you have any severe allergies.
- Notify your provider if you have had an adverse event with previous injectable treatments.

Important information to know after tissue filler treatment:

- To be prepared after your appointment, you may want to have these products on hand:
 - *Cool packs, Tylenol, Arnica, 30+ SPF, a gentle cleanser*
- Plan to avoid salty food, alcohol, and exercise on the day of your treatment.
- Be prepared to sleep with your head elevated on pillows at night to reduce swelling.
- Do not plan to be exposed to excessive heat, sun, or saunas for 48 hours.

If you have questions or concerns, please call the office at 603-742-5556.