

Dermal Fillers Pre-Treatment Instructions

For 7 days before treatment (to prevent bruising):

- Avoid blood thinning over-the-counter medications such as aspirin, Motrin, ibuprofen, and Aleve. Also avoid herbal supplements, such as garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and omega-3 capsules.
- Eat at least 1 cup of fresh pineapple or pineapple juice for 3 days prior to appointment. The enzyme it contains can help prevent bruising and swelling.

Day of treatment:

- Arrive to the office with a clean face. Please do not wear makeup. You may bring your own makeup to apply after your treatment.

Dermal Fillers Post-Treatment Instructions

- Avoid excessive heat such as saunas, hot showers, the hot sun, or cooking over a hot stove. These may cause the blood vessels to dilate and cause more bleeding and bruising.
- Avoid strenuous exercise after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.
- Avoid direct sunlight for prolonged periods of time. Wear sun block to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising.
- If lips are treated, avoid drinking through a straw immediately after your treatment.
- No massages of the treated area for 2 weeks after treatment.
- Do not put your face in a massage cradle for 2 weeks after treatment.
- Avoid taking Advil, Vitamin E, Ginger, Ginko Bilboa, Ginseng, and Garlic for 2 weeks after the procedure since this may increase the risk of bruising.
- You may shower and do most other regular daily activities.
- You may apply make-up after the procedure.
- You may gently apply cold compresses to the treatment sites to reduce swelling and bruising. Do not apply pressure.
- Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.

I understand and will follow these post-treatment instructions.

Client Name (Printed): _____

Client Signature: _____ Date: _____