



In order to minimize the risk of possible side effects and complications of injections please follow these simple steps:

Pre-Treatment Instructions

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your [Dermal Filler](#) appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Bruising and swelling may be apparent in the 1st 4-7 days.
- Discontinue Retin-A 2 days before and 2 days after treatment.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an anti-viral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

Post-Treatment Instructions Dermal Filler

- Keep an ice pack on the area for 5 min in the office if necessary. You may use cool compresses at home but please do not use ice further. Icing too aggressively or with too cold an ice pack can damage the skin and even cause scarring.
- Avoid significant movement or massage of the treated area. Unless instructed by the provider.
- Avoid strenuous exercise for 24 hours.
- Avoid extensive sun or heat for 72 hours (including hot tubs)
- Avoid consuming excess amounts of alcohol or salts to avoid excess swelling.
- If you have swelling you may apply a cool compress for 15 minutes each hour.
- Use Tylenol for discomfort.
- Try to sleep face up and slightly elevated if you experience swelling.
- Take Arnica to help the bruising and swelling, start at least 2 days prior to injections.
- You may apply makeup as usual the day after treatment.
- **Do not have any dental work, particularly cleanings done within 2 weeks after filler to avoid oral bacterial contamination of the filler (via the bloodstream).**
- **Notify us immediately if you have excessive pain, swelling, blotchy bluish or dark red discoloration in any area, severe bruising or if any crust, scab or rash develops.**
- **Contact * 734-666-5785 * with questions or concerns**