

Before Fillers Treatment:

- Avoid aspirin (any product containing acetylsalicylic acid), vitamin E, and other dietary supplements including: ginko, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid blood thinners such as aspirin, ibuprofen (advil, motrin), Aleve (Naprosyn) 1 week before the treatment.
- If possible come to your appointment with a cleanly washed face without make-up.
- Please let the staff know if you have a history of cold sores/fever blisters PRIOR to treatment, so an anti-viral medication can be prescribed. Treatment cannot be done if you have an active cold sore or skin infection.
- Arnica, a homeopathic supplement, has been shown to reduce swelling and bruising. Optionally, you can start taking Arnica tablet one week prior to your treatment and subsequently another 4 days post treatment. The standard dosage will be: Arnica tablet 30CH 3 pills 3 times a day 30 minutes before or after meal.

Day of Treatment:

- If this is your first visit to the clinic, you must arrive 30 minutes prior to fill out a file and make sure consents are signed.
- If you choose to use a topical numbing agent (i.e EMLA), you must arrive 30 minutes prior to your treatment. However, most of the dermal fillers we use have Lidocaine in them which help with the discomfort associated with this treatment. Please advise the staff if you are allergic or have sensitivity to Lidocaine.
- Bruising is common and can last 7-14 days. Please plan your events accordingly.
- The healthcare provider will massage the treated area to ensure a smooth, even correction. Massaging the area can leave a mild to moderate amount of redness.

After Filler Treatment:

- Do not massage the treated areas. Skin redness, bruising, swelling, tenderness, and/or itch are common. If the symptoms persist longer than 3 days, please contact our office.
- Minimize movement of the treated area. However, if there is a visible bump, firmly massage the area with the use of Vaseline.
- Avoid applying heat to the treated area until bruising or any swelling have resolved. Avoid activities that cause facial flushing on the day of treatment including consuming alcohol, hot tub or sauna use, exercising, hot wax, and tanning. Avoid extreme cold like skiing or hiking outdoors.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. When bruising occurs it typically resolves within in 7-14 days.
- After treatment, oral and/or topical Arnica Montana may help reduce bruising and swelling. You can find Arnica in the homeopathic section of the pharmacy.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to the doctor about medications that may minimize a recurrence.
- Return to clinic 2 weeks for re-evaluation. Results last approximately 6-12 months.
- Please contact us immediately if you experience any of the following:
- Fever/chills; area appears red, hot to touch, and angry looking.
- Severe pain or increasing pain at site; purple blotches at areas not injected; or blanching (whitening or bluish tinge) of the area injected.