



# Pre & Post Care Instructions – Dermal Fillers

## Pre-Care

- **Avoid alcohol:** Refrain from alcohol consumption for **24–48 hours before and after treatment** (some providers recommend up to one week). Alcohol thins the blood, increasing the risk of bruising, swelling, pain, and prolonged recovery.
  - **Avoid blood thinners:** Discontinue non-essential blood-thinning medications and supplements (e.g., aspirin, ibuprofen, fish oil, vitamin E) **one week prior** to treatment, unless otherwise directed by your healthcare provider. This reduces the risk of bruising and bleeding.
  - **Reduce salt intake:** Cut back on salt for several days before treatment. Since hyaluronic acid in fillers binds to water, reducing salt can help minimize swelling.
  - **Start Arnica:** Begin using **Arnica** (oral tablets or topical gel/cream, available over the counter) **3 days before treatment** to help decrease bruising and swelling.
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## Post-Care

- **Avoid touching:** Do not massage, rub, or manipulate the treated area unless instructed by your provider.
  - **Sleep elevated:** Sleep on your back with your head elevated for the first **24 hours** to prevent filler migration. If swelling persists, continue sleeping elevated for an additional **2–3 nights**.
  - **Pain management:** Mild tenderness is normal. You may take **acetaminophen (Tylenol)** as directed. Avoid NSAIDs (Aspirin, Advil, Ibuprofen) unless prescribed.
  - **Avoid heat and humidity:** Refrain from **saunas, steam rooms, hot yoga, hot tubs, and prolonged sun exposure** for at least **48 hours**, as heat can worsen swelling and bruising.
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✨ **Reminder:** Bruising, swelling, and mild tenderness are common and usually resolve within a few days. Follow these instructions carefully and contact your provider with any unusual symptoms or concerns.

