



## **Dermal Fillers:** **Pre & Post Instructions**

### **Pre-treatment info:**

**Patients who are NOT candidates for this treatment**

- A patient who is pregnant or nursing.
- A patient who has an active cold sore/ fever blister or skin infection.
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### **2 Weeks before treatment:**

**Stop all blood thinning supplements and medications. Some of these may include St. John's Wort, Fish Oil/Omega 3, Flax Seed Oil, Red Yeast rice and Vitamin E, Ibuprophen and aspirin. These supplements will increase bruising and bleeding at the injection site. As always, consult with your doctor if you are on a prescription prior to stopping. Tylenol is fine to take.**

### **Day of Treatment:**

**Bruising may occur and can last 7-14 days. Please plan your events accordingly. Sinnech Arnica (sold in our office) is a homeopathic supplement. It has been shown to reduce swelling and bruising.**

### **Post-treatment info:**

**It is normal for the area treated to feel tender or appear swollen for 24 to 48 hours post treatment. Swelling usually dissipates within 48 hours. If your lips were treated, swelling can last 1 to 3 days.**

- **Makeup can be applied post treatment. Please apply gently to the treated area.**
- **For 4 hours post treatment, avoid touching the area and strenuous exercise.**
- **A post procedure skin care regimen will be suggested by our staff to maximize and prolong your treatment.**