

Pre and Post dermal filler procedures

Please come in with a clean face 15 minutes prior to your appointment. If you are unable, we do have makeup wipes available in our restroom for your use.

Any medication/supplement that thins the blood can increase the risk of bleeding. Talk to your healthcare provider if you take the following medications or supplements (Generally they should be avoided 7 days prior to injection):

- Fish Oil, Asprin, Naproxen, Ibuprofen, Warfarin, Xarelto, St. John's Wart, Garlic, Ginkgo Biloba, Vitamin E. This list is not all-inclusive.
- Do not drink alcohol for 24 hours before or after your treatment. Do not smoke for 24 hours following your treatment.
- Ice for the next 4 hours 15 minutes on 15 minutes off. You can continue to ice periodically for continued swelling.
- Avoid anything that will heat the face for 24 hours (hot tub/laying out/working out); apply sunscreen for incidental exposure.
- Do not massage the area unless instructed by the injector. Try not to lay on the injected area for 24 hours.
- If lips were treated apply aquaphor to the lips frequently to prevent chapped lips.

Swelling/bruising can occur and may last up to two weeks depending on your body. Some people find Arnica or Pineapple to be helpful before or after the procedure to help with swelling/bruising.

Inform us if you are prone to cold sores as injecting the lips or near the lips may increase the risk of an outbreak but can be treated.

Do not apply makeup after your treatment until the open areas are completely closed. This could be 4 hours but is very important to prevent infection. If possible, skip makeup the day of treatment. If you experience severe pain, mottling or discoloration of the skin please contact us immediately! Better to be safe than sorry, please call with any concerns.