

Filler Pre and Post-Treatment

Before Filler Treatment

- Avoid taking blood thinner 2-3 days pre& post procedures. They may increase the likelihood of bruising and bleeding during and after procedure. A list of things to avoid are: Aspirine, non-steroidal medications (including Advil and Aleve), Vitamin E, Alcohol, Caffeine, Co-Q10 and Gingko Biloba.
- To help with swelling and bruising you can start taking arnica tablets one to two days before treatment continuing one to two days after treatment. Arnica is a homoeopathic anti-inflammatory that's helps to reduce swelling.
- If you have previously suffered from facial cold sores there is a risk that the needle punctures could contribute to another recurrence. Speak to your provider about medications that may minimize a recurrence.

After Filler Treatment

- Immediately after treatment the most commonly reported side effects are temporary redness and swelling at the injection site. These effects typically resolve within two to three days. Cold compresses may be used immediately after treatment to reduce swelling. If the inconvenience continues beyond two to three days or if other reactions occur, please contact our office.
- Avoid touching the treated area within six hours following treatment. After that the area can be gently washed with soap and water.
- Avoid exercise for several hours post-treatment and air travel for 24 – 48 hours.
- Until the initial redness and swelling have resolved avoid exposure of the treated area to intense heat such as sun lamps, tanning beds or sun bathing.
- Evidence shows that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Please be sure to consult your physician about recommendations for touch-up treatments.