



Dermal Filler Before & After Instructions

- Do not visit the dentist or have a colonoscopy for 2 weeks before and after your filler treatment.
- Attempt to schedule your filler treatment 2 weeks before any special events to allow for possible bruising, swelling, and/or redness to subside.
- Avoid alcohol, aspirin, nonsteroidal anti-inflammatory medications (i.e. ibuprofen, Advil, Aleve), ginkgo biloba, vitamin E supplements, St. John's wort, flax oil, cod liver oil (fish oils), ginseng, and garlic pills for 1 week before and after treatment UNLESS prescribed by your physician as medically necessary.
- Let us know if you are on any other blood thinners (i.e. Coumadin (warfarin), Plavix, Xarelto, Pradaxa) but DO NOT STOP these medications.
- Tell us if you have ever had a facial cold sore (herpes simplex virus). If you have and you are having filler treatment in the mid or lower face, we may prescribe an anti-viral medication, Valtrex 2 grams, to take the morning before and evening after treatment to avoid a flare of a cold sore.
- If you develop an infection, cold sore, or a rash prior to your appointment, please call the office to speak with a nurse. Treatment may need to be deferred until the inflammatory process is resolved.
- Consider taking Arnica which may reduce the amount of bruising you develop after your treatment (i.e. SinEcch-i or VitaMedica blister packs which you can find online, take as directed).
- After your treatment, the treated areas may feel numb for up to 1 hour after your treatment from the anesthetic in the filler. You may experience swelling, redness, and tenderness which typically lasts less than 1 week. You may develop bruising which can persist for up to 2 weeks.
- Call the office if you experience side effects beyond 2 weeks or if you have severe pain, blisters or scabs in the areas injected or bruising, pain, and/or scabs beyond the injection area at any time.
- Apply cold compress/ice packs 10-20 minutes per hour while awake for 2 days to reduce the amount of swelling and bruising you may develop.
- It is okay to apply your normal creams and make-up 1 hour after treatment.
- Wait 2 weeks to have any facial treatments and if injections were near your eyes or upper cheeks, wait 2 weeks to wear swim goggles.

Do not massage areas treated with Belotero, Restylane, Restylane-Lyft, Juvederm, Juvederm Ultra, or Voluma