

### Dermal Filler Pre-Treatment Instructions

- Schedule your dermal filler appointment at least **2 weeks** prior to a special event to allow for complete healing. Results may take **4-7 days** to appear. Bruising and swelling may be temporarily apparent during this time.
- If medically permitted, avoid blood thinners and anti-inflammatory medications **1 week** prior to treatment. Patients on blood thinners or that bruise easily may take longer to heal. **Consult your primary care physician before stopping any of your regular medications.**
- Avoid dental procedures (including cleanings) **2 weeks** pre and post treatment.
- Avoid topical products that could cause irritation, such as Retin-A, retinols, retinoids, glycolic acid, hydroquinone, etc. for **3 days** before and after treatment.
- Inform your provider if you have a history of cold sores. You may be placed on an anti-viral medication prior to treatment.
- If you have a rash, cold sore, or blemish on the area to be treated please reschedule your appointment **at least 24 hours** in advance.
- Do not drink alcoholic beverages **24 hours** prior to treatment to avoid bruising.

### Dermal Filler Post-Treatment Instructions

- Unless otherwise instructed by the provider, avoid significant movement or massage of the treated area. **Do not touch, rub, press, or manipulate the area for 6 hours after treatment.**
- Avoid vigorous exercise for **24 hours** post injection.
- Avoid extensive sun or heat for **24 hours** post injection.
- Do not consume excess alcohol or sodium for **24 hours** to avoid excess swelling.
- To help minimize swelling, you may apply ice or a cold compress for **20 minutes** each hour, the first few hours following treatment.
- You may use Tylenol for any discomfort or tenderness, this will also help minimize swelling.
- If you experience swelling, try to sleep face up and slightly elevated.
- If you experience severe pain, redness at injection site, loss of vision or any other visual symptoms, please call us immediately or go to the ER.