



## Dermal Filler Pre-Treatment Instructions

1. The most common complications following dermal fillers include: swelling, bruising, tenderness at the injection site, these typically lessen or disappear within a day or two. Some bruising may last up to 10-14 days. **Please plan on the possibility of having a bruise and make sure you do not have any major events for 2 weeks after your injections. If this may be a conflict with your upcoming schedule, please notify our office so we can adjust your scheduled appointment accordingly.**
2. **Please arrive at the office without make-up.** This is a medical procedure and make-up can increase the risk of complications. If you are wearing make-up the day of the procedure you will be asked to fully remove your make-up. We ask you to not wear make-up for the remainder of the day post injection.
3. Photos will be taken prior to any procedure as well as at follow-up. In order to have accurate photos you will be asked to take off any jewelry, remove all make-up, take off your shoes and secure your hair. We will also ask you to rinse your mouth with an antiseptic wash
4. **Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDs) such as ibuprofen, Vitamin E, fish oil, Ginger, Ginkgo Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure.** These drugs and herbs may cause excessive bleeding or bruising.
5. If you have a history of cold sores, an active herpes outbreak, or any dental procedures scheduled in the next month please notify us so we can discuss your options.
6. To further decrease the risk of bruising you may start Arnica Forte® supplements. The suggested dosing is to take one pill twice daily starting one day prior to your procedure and continue for 3-5 days following the procedure depending on the amount of bruising post procedure. We highly recommend the use of Alastin INhance® which can be applied directly to the injection areas and any bruises 4x daily to decrease the duration of your bruise.

### **What to expect with dermal fillers**

- Numbing medicine will be used to reduce the discomfort of the injection
- The treatment area is cleansed with an antiseptic
- The filler is administered by injecting into the wrinkle or fold
- Multiple injections might be made depending on the depth of the wrinkle and its location
- Following each injection, the correction site will be massaged to conform to the contour of the surrounding tissues
- Ice will be applied during and after the injection.
- After the treatment additional implantation of hyaluronic acid may be necessary to achieve the desired result
- Periodic touch-up injections help sustain the desired level of correction
- The procedure is temporary. Additional treatments will be required periodically for the effects to continue. Generally, the effects last 6 months to one year, some newer filler may last up to 2 years.