Dermal Fillers: Pre and Post-Procedure Instructions:

One week prior to treatment, start taking Arnica tablets to minimize bruising from your dermal filler injection. Arnica can be purchased in our office or in health food stores. Take it as directed.

Avoid the following one week prior to treatment to minimize bleeding and bruising at the injection site:

1. Aspirin (unless recommended by your health care provider)
2. Non-steroidal anti-inflammatory medications, such as ibuprofen
3. Vitamin E
4. Supplements such as ginko biloba, St. John's wort, fish oil, ginger, ephedra, and garlic.

One hour prior to treatment:

- You may take an anti-histamine tablet, such as Claritin, to minimize redness and swelling
- Eat breakfast, lunch, or at least a snack

Post Dermal Filler Treatment:

- After your treatment, you might have some redness, swelling, and discomfort which can last a few days. Cold compresses may be used immediately after treatment to reduce swelling, and you can take Tylenol for any pain. If redness and swelling continues beyond seven days or if other reactions occur, please contact our staff.

- After your treatment, avoid alcohol consumption and physical activity for the rest of the day.

- Avoid touching the treated area within six hours following treatment. The area can be gently washed at bedtime.

- Sun exposure, heat, and cold outdoor activities should be avoided until any redness and swelling disappear. Apply daily Elta sunscreen SPF 30 or higher.

- If you have previously suffered from facial cold sores, take antiviral therapy after your treatment as there is a risk that the needle punctures could cause a recurrence.

- If bruising occurs, you may cover it with foundation or powder.

- Refrain from using any topical products containing Retin A (tretinoin), Renova, Differin, Retinol, Atralin, Ziana, Glycolic Acid or Alpha Hydroxy Acids for 3 days.