

FILLERS: PRE/POST CARE

PRE-FILLER INSTRUCTIONS

- Stop using aspirin, Motrin, ibuprofen, or other anti-inflammatory medication, if it is okay with your prescribing physician. This medication should be discontinued 1 to 2 weeks prior to the procedure, as they increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- Do not drink alcoholic beverages 24 hours before your treatment.
- Expect that you may have some bruising and swelling after the procedure.
- Inform the nurse or physician if you have a history of medication allergies, history of anaphylaxis and any other medical conditions.
- Make sure to schedule your treatment at least one month prior to an important event, to ensure you are fully recovered.

POST FILLER CARE

- Apply cold compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.
- Expect treated areas to be red, slightly swollen, and bruised, for the first 2 to 5 days.
- Bruising may be covered with makeup.
- You may take a Tylenol if you experience any mild tenderness or discomfort.
- Wait a minimum of two weeks before receiving any facial or massage treatments.
- Avoid exercise or strenuous activity for the remainder of the day. You may resume normal activities and routines immediately.
- Avoid hot showers or sauna's for six hours after treatment as they can worsen bruising.
- Avoid aspirin, ibuprofen and inflammatories, if it is okay with your physician, for one week, as they may increase your potential to bruise.

IF YOU EXPERIENCE SEVERE PAIN, DEEP WHITE OR BLUISH AREAS, OR HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY. WE ARE HAPPY TO SPEAK WITH YOU ANYTIME AT 941.486.1404.