

## Cosmetic Filler Instructions

### Pre-Filler Instructions:

- Do NOT use aspirin, Motrin, ibuprofen, Vitamin E, Gingko Giloba, fish oil, St. John's Wort, garlic pills, or other anti-inflammatory medications for 1-2 weeks if okay with your primary physician. These medications can increase the risk of bruising. For mild pain or headaches Tylenol is preferred.
- You may have some bruising and/or swelling after the procedure. Over the counter Arnica supplements (available at The Derm Institute, most supplement stores, Whole Foods, etc) have been shown to decrease bruising if you want to take them starting 3-5 days before your treatment.
- The ideal time to schedule this procedure is at LEAST 2 weeks before a big event.
- DO inform your nurse or physician if you have a history of medication allergies, history of anaphylaxis, and any other medical problems.

### Post-Filler Instructions:

- After the treatment, DO hold ice packs on the areas that are treated with filler gently for a few times that day.
  - Treated areas may be red, swollen, and bruised for the first 2-7 days.
  - DO NOT get a facial or massage for 1-2 weeks after your filler procedure.
  - Avoid strenuous workouts and alcohol for 24 hours if possible.
  - DO massage treated areas ONLY if instructed by your provider.
  - If bruising occurs, continue Arnica supplements or apply topical Arnica gel, drink fresh pineapple juice, and/or take Bromelain supplements to help bruising resolve faster.
  - Bruising can be covered with makeup. Examples: Dermablend (available at CVS or Macy's) or Colorescience Corrector Palette.
- Schedule your next session as recommended by your physician. In about 1 week you should be looking your best!
- We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.