

## Before and After Instructions for Dermal Filler Treatments

### Before:

- Avoid blood thinning medications: Aspirin (unless for your heart) Vitamin E, St. John's wort, garlic, fish oil, ginseng, ginkgo, feverfew, and evening primrose oil.
- If you are on blood thinners for medical reasons please do not stop these suddenly but discuss with our nurse practitioner prior to treatment. These medications include: Aspirin for heart disease, Brillinta, Plavix, Effient, Coumadin, Xarelto, Pradaxa, and Eliquis.
- Avoid ibuprofen and alcohol for 2 days prior if possible.

### After:

- Skin redness and swelling in the treatment area is common. This should resolve within 3 days.
- Bruising is also common and typically resolves in 10-14 days. Oral or topical Arnica Montana may help reduce bruising.
- Do not massage the treatment area.
- Avoid applying heat to the treatment area. Routine washing and showering is fine.
- Avoid activities that cause facial flushing for 24 hours: drinking alcohol, exercising, tanning, saunas, compressing in a face cradle.
- Gently apply a cool compress for 15 minutes every few hours if needed to reduce pain or swelling.
- We prefer you do not apply makeup over puncture sites on the day of treatment.
- Please come back in 2-4 weeks for photos and possible touch up.
- Call us with any persistent swelling, bruising, or side effects: (512) 815-0123