



TREATMENT INSTRUCTIONS

Hyaluronic Acid based Fillers

Pre Treatment

- Avoid alcoholic beverages within **24-48 hours** prior to your treatment. Please avoid **Red Wine & Fish Oil one week** prior to treatment.
- Avoid anti-inflammatory drugs (Ibuprofen, Motrin, Advil, Aleve, Celebrex, etc.), Aspirin, Vitamin E, or Ginkgo Biloba **one week** prior to treatment. This will reduce the possible side effects of bruising and/or swelling in the treated area(s).
- Garlic is also a blood thinner - reduce your intake 1 week prior.
- Avoid products/treatments that boost metabolism (Diet pills and Endermologie) one week prior to treatment.
- Discontinue Retin-A three (3) days before and three (3) days after treatment.
- You cannot be pregnant or breastfeeding to receive this treatment.
- Patients who have a **history of recurring cold sores (Herpes simplex type1)** should start oral Valtrex 500 mg tablets 2 days prior to your Fillers treatment and continue for 3 days after treatment.
- If you develop a cold sore, blemish, or rash, etc. **prior to your appointment**, you must reschedule.
- If you have a special event or vacation coming up, schedule your treatment at least 2 weeks in advance.
- Start taking Arnica two days prior to treatment to reduce the possibility of bruising.
- Eating and drinking pineapple prior to treatment will help to reduce swelling.

Post Treatment

- After your treatment, you may experience some redness, itching, bruising and/or swelling. These side effects should last seven days and then will subside. Cold compresses may be used immediately after treatment to reduce swelling. If the redness and/or swelling or any other reactions do not go away after seven days, please contact us.
- No heat, massage or sweat for 24h.
- There may be some areas with bumps or lumps that are normal for the first 2 weeks but will settle. You can generally massage those areas, if needed.
- If the pain is uncomfortable, use acetaminophen (Tylenol, Atasol) following the directions on the bottle. Do not use ASA (Aspirin) as it may **increase bruising** at the site of injection.
- Avoid touching the treated area for **six hours** following the treatment. After that, you can wash the area gently.
- It is important to minimize the amount of movement in the injected area for the next 48-72 hours (minimize smoking and/or drinking from a straw). Your new filler requires time to settle.
- Sunbathing and cold outdoor activities should be avoided until the redness and/or swelling go down.
- Avoid exercise and alcohol, especially Red wine for six hours after the treatment.
- Avoid taking Fish Oil for **48 Hours** post treatment.
- Continue with Arnica & anti-bruising cream for a few days post treatment to minimize bruising.
- Continue to eat pineapple after the treatment as it will help to bring down swelling.