

Filler Treatment General Instructions

Before Your Treatment:

- Do not take any aspirin, ibuprofen, NSAIDS, fish oil, or large doses of vitamin E for at least 7 days before your treatment, as they might increase the risk for bruising.
- If you take any blood thinning medication please let us know.
- If you have a history of cold sores and are planning on any injections around the mouth please let us know as we might want you to start taking an antiviral.
- You may start taking Arnica Montana 2 days prior to your treatment.
- If you plan on also using Bromelain, you should start that right after your treatment.
- Avoid eating too much salt.
- Avoid drinking alcohol the night before.

The Day of Treatment:

- Avoid wearing make up if possible, or be ready to remove it in the office.
- Try not to eat too much salt or consume any alcohol before or after the treatment.
- After the treatment you might want to take it easy and ice on and off.
- Drink plenty of water.
- Keep your head elevated while sleeping the night after treatment.

The Following Day:

- If you had your eyes injected be ready for a large amount of swelling for the first few days especially the morning after.
- Apply ice to the treatment area upon waking up.
- You may resume normal exercise and full activity.
- You may restart aspirin or other blood thinners.