

# Before and After Instructions for Dermal Filler Treatments

## Before Treatment

- Avoid aspirin (any product containing acetylsalicylic acid), vitamin E, St John's Wort, and other dietary supplements including: ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days.
- If possible, come to your appointment with a cleanly washed face without make-up.

## After Treatment

- Skin redness and swelling in the treatment area is common. This should resolve within a few days. If it persists longer than 3 days, please contact your physician.
- Do not massage the treated areas.
- Avoid applying heat to the treated area until any swelling or bruising have resolved. Routine washing and showering is fine.
- Avoid activities that cause facial flushing on the day of treatment including: consuming alcohol, exercising, and tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs it typically resolves within 7–10 days.
- After treatment, oral and/or topical Arnica montana may help reduce bruising and swelling.
- If 2–4 weeks after treatment you feel that you require a touch-up, please contact your physician.