



### **Pre-Treatment Filler Instructions:**

- Schedule your Dermal Filler appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Bruising and swelling may be apparent and take up to 2 weeks to heal.
- Avoid alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising).
- Avoid anti-inflammatory/blood thinning medications (unless prescribed by your physician or Dr. Watkins), if possible, for a period of 5 days before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Reschedule your appointment at least 24 hours in advance (to avoid cancellation fees) if you have a rash, cold sore or blemish on the area to be treated.
- If you have a history of cold sores and you are having your lips or mouth area treated, please pretreat with anti-viral medication prior to treatment (as prescribed by your physician or Dr. Watkins can supply you with a 3 day treatment of Acyclovir for \$5).
- We recommend taking Arnica Montana 2 days prior to injections to reduce bruising and swelling. If you choose, please take 5 pellets 3 times per day 2 days prior to treatment, the day of your treatment, and 2 days after your treatment. You may purchase at most natural food stores, Amazon, or at aNu for \$10.
- You should avoid having dental work 2 weeks before or after receiving filler.
- Be sure to have a good meal, including food and drink before your procedure. This will decrease the chance of lightheadedness or low blood sugar during your treatment.

### **Post-Treatment Filler Instructions:**

- Avoid massaging the treated area unless recommend to do so by your provider.
- Avoid strenuous exercise for 48 hours.
- Avoid extensive sun or heat for 72 hours.
- Do not use a Clarisonic when washing face for 1 week.
- Avoid consuming excess amounts of alcohol or salt for 48 hours to avoid excess swelling.
- Apply ice to the treated area 20 minutes per hour for the remainder of the day to decrease swelling and bruising.
- Use Tylenol for discomfort.
- Try to sleep on your back if you received filler in your cheeks for 1-2 nights.
- Take Arnica to help reduce bruising and swelling (5 pellets 3 times daily for 2 days after treatment or until bruising resolves).