

# DERMAL FILLERS

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for at least 7-10 days before your appointment, unless medically necessary.
- You may take Tylenol® (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience. If you have concerns about discomfort.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor that you have made your appointment with, one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid dental procedures (including cleaning) 2 weeks pre filler and 2 weeks post filler
- Come to your appointment with a clean face. **\*\*This means NO MAKEUP or MOISTURIZER\*\***
- Eat a small meal or a snack before your appointment.
- Bruising and swelling will be worse for the first 24-48 hours after you receive your dermal filler injections. Refrain from exercising for the remainder of the day following your injection(s). You may want to refrain from going to any special events during this time.