



Jason D. Adams, M.D., F.A.C.O.G

PRE AND POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS (i.e Juvederm, etc.)

These simple recommendations can make the difference between a good result and a fantastic one.

PRE-TREATMENT INSTRUCTIONS

- One week before, exclude: Aspirin (Advil, Aleve, etc.), ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, and other essential fatty acids
- Avoid chemical peels and lasers for 1-2 weeks prior to dermal filler treatment

POST- TREATMENT INSTRUCTIONS

Immediately after your procedure and for 24 hours, you should avoid the following:

- Strenuous Exercise
- Alcoholic beverages
- Massaging/touching areas treated
- Extreme cold temperatures

48 hours after your procedure, you may begin adding ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, and other essential fatty acids.

If laser treatment, chemical peel, or any other procedure is considered after dermal filler treatment, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before and/or after dermal filler.