

Pre-Facial Fillers Procedure Instructions

To ensure the best possible results and minimize the risk of complications during your facial fillers procedure, please follow these guidelines carefully:

1. Medication and Supplements:

- Avoid taking any blood-thinning medications, such as aspirin or ibuprofen, for at least one week prior to your appointment.
- Avoid taking high doses of vitamin E supplements, omega-3 fatty acids, or other herbal supplements like St. John's Wort, as they can increase bruising.

2. Alcohol and Dietary Considerations:

- Refrain from consuming alcoholic beverages 24 hours before your treatment to reduce swelling and bruising.
- Ensure you are well hydrated but avoid excessive caffeine and sodium intake 24 hours before your treatment.

3. Skin Care and Exposure:

- Do not apply any makeup or skincare products to the treatment area on the day of your procedure.
- Ensure you have not had any significant sun exposure or tanning sessions for at least two weeks before your appointment.

4. Other Procedures:

- Please avoid any dental procedures or vaccinations two weeks prior to your facial fillers appointment.
- Do not schedule any facial laser treatments or chemical peels for at least two weeks prior to your appointment.

Following these instructions will help ensure your skin is in the best condition for your treatment and help achieve the most effective results. If you have any questions or need clarification on any of the points, please feel free to contact our office.