

#### Pre-Treatment:

- Schedule your Dermal Filler appointment at least 4 weeks prior to a special event to allow adequate amount of time to complete healing and for optimal results
- Reschedule your appointment at least 24 hours in advance if you find a rash, cold sore or blemish in area
- Let your provider know if you have a history of cold sores.
- Avoid blood thinners or discontinue use prior to and after treatment, this includes NSAID (aspirin & motrin), Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A & E
- Avoid alcoholic beverages a week - 24 hours prior to treatment, this is to minimize bruising and excessive bleeding.
- Discontinue Retin-A 2 days before and 2 days after treatment
- If you would like to minimize bruising after treatment please consider these options:
  - Homeopathic Arnica ointment or pill form
  - Good nutrition and fresh fruit consumption (pineapple and papaya recommended)

#### Post-Treatment:

- Avoid massaging treated area unless instructed by your provider or avoid unnecessary pressure over any areas treated especially in the first 24 hours
- Avoid strenuous exercise for 24 hours , avoid excessive heat or sun for 72 hours
- To minimize swelling:
  - avoid alcohol consumption
  - apply cold compress, not ice (do not press against treated area too hard) for 20 minutes each
  - sleep face up
  - use Tylenol for discomfort
- For moderate swelling you can take over the counter antihistamines, non-drowsy during the day and a Benadryl at night (please follow appropriate dosage on package label or contact your provider)
- To avoid infection:
  - Do not touch area for 6 hours unless instructed, do not apply makeup over injection points until day after procedure

If experiencing any signs of infection or if you believe you are having an allergic reaction, paleness around the injection site, extreme bruising, severe pain, loss of vision, or any visual symptoms, call our team 808-927-2247 or immediately go to the hospital.