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PRE-TREATMENT INSTRUCTIONS for Dermal Filler

A few simple guidelines followed before your treatment can make the difference between a good result and a fantastic one!

- If you have any history of cold sores, notify the Physician so that a prescription for an antiviral medication can be written for you to take on the day of your treatment.
- If you develop a cold sore, blemish, rash or any substantial skin issue in the area to be injected prior to your appointment you must reschedule.
- If you have a special event coming up it is recommended that you schedule your treatment at least 2 weeks in advance to let any bruising or swelling resolve completely before your event.
- No dental work (including dental cleaning,) for 2 weeks prior to and after your treatment date.
- Discontinue Retin-A 5 days prior to the treatment as it may cause the skin to be more sensitive.
- NO Alcohol, Aspirin, Ibuprofen, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E or any essential fatty acid supplements for 3-7 days prior to and after your treatment to reduce bruising risk.
- AVOID: Niacin, High sodium foods, high sugar foods or refined carbohydrates 3-5 days before and after your treatment to limit the risk of post-procedure swelling.
- If your lips are being injected, consider coming in prior to your visit to take home topical numbing cream which can be applied to the lips 30 minutes and again 15 minutes (use gloves!) prior to your treatment to increase comfort. Alternatively, you can plan to arrive 30 minutes before your treatment to have the numbing cream applied at the office.
- We recommend you consider taking Arnica 30X tablets, a homeopathic remedy shown to help reduce bruising post-procedure. Ideally start 3-5 days prior to your treatment and continue for 3-5 days after the treatment.
- It is strongly recommended that you wait a full 2 weeks between your dermal filler treatment and any vaccination, in particular the COVID vaccine.

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