

Filler Pre-Treatment Instructions

[Tori's Treatments](#)

Before Your Appointment

To help reduce bruising and swelling, please follow these recommendations for 3–7 days before your appointment (unless prescribed by your healthcare provider):

- Avoid aspirin, ibuprofen (Advil/Motrin), naproxen (Aleve), and other NSAIDs.
- Avoid fish oil, omega-3 supplements, vitamin E, ginkgo biloba, garlic supplements, and St. John's Wort.
- Avoid alcohol for at least 24 hours before treatment.
- Stay well hydrated.
- Eat a light meal before your appointment.
- Arrive with clean skin free of makeup if possible.

Please let us know before your appointment if you:

- Are pregnant or breastfeeding.
- Have an active cold sore or facial infection.
- Have recently been ill or received vaccines.
- Have had dental work within the past 2 weeks or have dental work scheduled within the next 2 weeks.
- Have a history of severe allergies or reactions to fillers.