



## Before & After Instructions Form for Filler

### Before Filler Treatment Instructions

**Please inform us if you are pregnant, breastfeeding or under 18 years of age as products used for the following treatments may not be appropriate**

- Avoid alcoholic beverages and green tea.
- Avoid any substances that affect platelet function, such as aspirin, non steroidal anti-inflammatory drugs (e.g. Advil, Motrin), and supplements of fish oil, vitamin E and St John's Wort. These substances may increase the risk of bruising and bleeding at the injection site.
- Avoid waxing, bleaching tweezing, or hair removal creams in the area of treatment.
- Avoid makeup the day of treatment.
- Talk with your doctor if you have a history of herpes viral infection (e.g cold sores) as injection treatments can lead to the reactivation of herpes viral infections.

### After Filler Treatment Instructions

- Avoid lying down for 4 hours following treatment.
- Avoid manipulation of the area the first 4 hours after the procedure.
- No Alcohol or ASA for 24 hours after.
- No makeup for 24 hours on treated area.
- No chemical solutions or facial cleansers to face for 24 hours.
- May apply ice for swelling if required.
- No taking a trip via plane for 2 weeks.
- No vaccination for 3 weeks.
- No dental work for 2 weeks.
- No sipping through a straw for 24 hours.
- Drink lots of water!

### Additional Information

- A touch-up may be necessary in 2 weeks.
- Contact the practitioner as soon as possible if you are experiencing extreme pain around the injection site along with discolouration.

*"Ageless Medical Injections"*

