



INTEGRATED MEDICINE

& Aesthetics

AMIR SALIM MD PA

PRE – DERMAL FILLER INSTRUCTIONS

- Avoid taking aspirin or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil[®], Motrin[®], Nuprin[®], Aleve[®], Celebrex[®], Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for at least 7-10 days before your appointment, unless medically necessary.
- You may take Tylenol[®] (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience. If you have concerns about discomfort.
- If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform the doctor that you have made your appointment with, one week prior to your appointment; this will allow us adequate time to prescribe a medication to prevent an outbreak.
- Avoid dental procedures (including cleaning) 2 weeks pre filler and 2 weeks post filler
- Come to your appointment with a clean face. ****This means NO MAKEUP or MOISTURIZER****
- Eat a small meal or a snack before your appointment.
- Bruising and swelling will be worse for the first 24-48 hours after you receive your dermal filler injections. Refrain from exercising for the remainder of the day following your injection(s). You may want to refrain from going to any special events during this time.



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POST – DERMAL FILLER INSTRUCTIONS

- The majority of reactions to dermal fillers are redness, swelling, bruising and tenderness after the injections. These usually subside a few days after the treatment, but can last up to a week. If any of these symptoms persist longer than a week, or if you develop other symptoms, please contact our office.
- Cold compresses may be used after the treatment to reduce swelling and decrease soreness. You may take Tylenol (if not contraindicated) every 4-6 hours after the treatment to help with any discomfort you may have.
- Make-up may be applied a few hours after the treatment, if no complications are present, such as open wounds, bleeding or infection.
- In the first 24 hours following treatment, limit exposure to sunlight or UV lamps. Extensive sun or heat exposure and alcoholic beverages may cause a temporary increase in redness, bruising or swelling at the injection sites. If there is persistent swelling or redness after the injections, you should limit exposure to sunlight or UV lamps until these symptoms subside (for at least 5-7 days). If sun exposure is unavoidable, use a sun block with an SPF of 30 or greater, combined with zinc oxide and/or titanium dioxide.
- Patients should avoid strenuous exercise for 48 hours to prevent moving the filler or increasing blood flow to the face.
- Avoid taking aspirin (unless medically necessary) or other non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Gingko Biloba, St. John's Wort and high doses of vitamin E for 5 days after the treatment, as these may cause an increased risk of bleeding or bruising at the injection sites.
- Avoid excessive touching or massaging the treated areas for about 6 hours after the injections. The treated areas can be washed with a gentle cleanser such as Cetaphil® Cerave® or Dove® unscented.
- Avoid dental procedure (including cleaning) 2 weeks post filler
- Your satisfaction is important to us! We would like you to return to the office in 2 weeks to see whether a touch-up is necessary. If follow up treatments are necessary, there will be additional charges at the regular rate. Additional costs of medical treatment would be patients' responsibility would complications develop after dermal filler procedure.
- Studies have shown that having a follow-up treatment before the product has fully dissipated will enhance the lasting effect. Consult your physician about recommendations for touch-up or follow-up treatments.
- Remember your sunscreen daily.