DERMAL FILLERS PRE AND POST CARE
(Juvederm, Restylane, Belotero, Radiesse)

PRE TREATMENT INSTRUCTIONS

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John’s Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Full results and resolution of bruising and swelling may take a complete two weeks.
- Avoid dental work, including teeth cleaning, 2 weeks before filler appointment to avoid potential infections or lumps/bumps.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment.
- You are not a candidate if you are pregnant or breastfeeding.

POST TREATMENT INSTRUCTIONS

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment.
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort.
- Do not massage treated areas after treatment.
- After treatment there will be moderate swelling and redness with possibility of bruising. These symptoms will resolve in about 7 days. You may apply or take Arnica tablets to help decrease the amount of bruising.
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately.
- Avoid dental work, including teeth cleaning, 2 weeks after filler appointment to avoid potential infections or lumps/bumps.
- Call immediately if extreme pain, blanching or marked bruising of the area or visual disturbances, headache, or other constitutional symptoms.

If you have any questions or concerns, please call the office at 203-635-0770.