

FILLER PRE AND POST CARE INSTRUCTIONS

5 Days Before Treatment

- We recommend beginning Arnica pills or gel 5 days before your procedure.
- Avoid taking all of these products Advil, Vitamin E, Ginger, Ginko, Bilboa, Ginseng, Fish Oil, Aspirin and Garlic for five days prior to a treatment since this may increase the risk of bruising. You may shower and do most other regular daily activities.

Post Treatment

- Avoid strenuous exercise for 1-2 days after the procedure. This may raise your blood pressure and pulse causing more bruising and swelling.
- Avoid direct sunlight for prolonged periods of time. Wear sun block to protect your skin. Sunlight may cause permanent discoloration after bruising.
- Do not apply make-up after the procedure for 12 to 24 hours.
- You may apply cold compresses or ice to the treatment sites to reduce swelling and bruising if instructed by your provider.
- Note that any bumps or marks from the extremely small needle sticks will go away within a few hours. If you do develop a bruise it will resolve like any other bruise. There is occasionally some mild pain, swelling, itching, or redness at the site of injection similar to most other injections. Redness may last for 1-2 days, rarely longer.