

Procedure Guidelines: INJECTABLE FILLER

Pre Procedure

Bruising Prevention

Avoid the following for 1 week prior to your treatment unless prescribed by a doctor:

- Fish Oil (avoid for 2 weeks)
- Aspirin
- Aspirin containing cold medicines (Excedrin, Contac)
- Pain Reliever (Tylenol ok)
- Motrin, Advil, Aleve, Naprosyn
- Coumadin (get primary physician approval first)
- Glucosamine
- Gingko Biloba
- Vitamin E (avoid for 2 weeks)
- Exotic or herbal supplements (including Tumeric)

If you have taken any of the above products within 1 week prior to your scheduled filler treatment, **YOU MUST ADVISE US PRIOR TO TREATMENT**
Consider Arnica tablets 2-5 days prior to your appointment. Place 5 tablets under your tongue 3x a day

Cold Sore Prevention

If you have a history of cold sores, discuss with us the option of antiviral medication (Valtrex) prior to your treatment.

General

Arrive at the office 15 minutes before your appointment to have topical numbing cream applied.

Make sure you have eaten something on the treatment day.

If you have cold or flu symptoms, please reschedule your appointment.

Please wait 2 weeks after your last COVID Vaccine to schedule your filler treatment.

Post Procedure

- No alcohol for 24 hours after treatment
- No increased blood pressure for 4 hours post treatment to help prevent bruising (Ex: sauna, hot tub, exercise, cardio)
- Do not rub or massage the area for 24 hours unless instructed to do so (Sculptra patients will receive instructions for massage)
- Redness and swelling may last for 1-2 days. Sleep with your head elevated
- There is a risk of bruising which is only temporary and can be covered with make-up
- **Avoid dental work for 2 weeks following filler, including teeth cleaning**

CALL THE OFFICE 201-567-8884 IF YOU EXPERIENCE ANY PROBLEMS OR HAVE QUESTIONS