

MGMD

Advanced Science for Beautiful Skin



MGMD Dermatology ■ Michele Grodberg MD & Associates

Treatment 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

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 the need for antiviral medication (Valtrex) prior to your treatment.

Arrive at the office 30-45 minutes before your appointment to have topical numbing cream applied. Make sure you have eaten something that day. If you have flu symptoms, please reschedule your appointment.

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