Dermatology & Plastic Surgery SPECIALISTS

DERMAL FILLER

BEFORE YOUR TREATMENT

- Avoid aspirin, ibuprofen, naproxen, fish oil, vitamin E, ginkgo, garlic, turmeric and other blood thinners for **5–7 days prior**, if medically appropriate.
- Do not take alcohol for **24 hours** before treatment.
- Arrive with clean skin. Avoid makeup, skincare products, and lotions on the day of treatment.
- If you have a history of cold sores, inform your provider. Antiviral medication may be recommended.
- Stay well-hydrated in the days leading up to your appointment.
- Come prepared with any questions or concerns about the treatment plan.

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AFTER YOUR TREATMENT

- Avoid touching, massaging or pressing the treated area for **24 hours**, unless instructed by your provider.
- Do not apply makeup for **24 hours**.
- Avoid strenuous exercise, heavy lifting, hot yoga, saunas and hot tubs for **24–48 hours**.
- Keep your head elevated and avoid excessive bending or changes in position for the first **4–6 hours**.
- Apply a cold compress if needed to reduce swelling or bruising (10 minutes on/10 minutes off).
- Avoid alcohol for **24 hours**.
- Mild swelling, redness, tenderness or bruising is normal and typically resolves within **3–7 days**.
- Contact us if you have any concerns or unusual symptoms.