



# Almond

## AESTHETIC MEDICINE

### Dermal Filler Pre-Treatment Instructions

The following guidelines are for the purpose of assuring the best possible results for your dermal filler treatment. Following these guidelines will help to limit unnecessary side effects such as bruising, swelling and the risk of more serious complications. Notify us if the following situations apply to you. Your dermal filler treatment may need to be delayed or rescheduled if:

- You are experiencing illness or infection
- You have upcoming or recent dental work. This may cause infection in the areas treated with dermal filler
- You have upcoming air travel or activities where you will be experiencing changes in altitude or barometric pressure
- You have activities planned where you can not tolerate bruising or swelling in the areas treated with dermal filler

We recommend that you take a non-sedating antihistamine (e.g. Claritin or Zyrtec), once per day starting the day of your treatment. Continue taking the antihistamine once per day for 7-10 days after you injection and until any swelling subsides. This can help reduce swelling and prevent more serious complications following your dermal filler treatment.

To reduce your risk of bruising we recommend that you take Arnica Montana (homeopathic preparation only), starting the morning of your injections. You can obtain the correct formulation of Arnica from our office. If you are on prescription blood thinners (Coumadin, warfarin), do not take Arnica for this procedure.

If you are on daily aspirin prescribed by your physician, DO NOT stop your aspirin in preparation for this procedure. If you are on daily aspirin NOT PRESCRIBED by your physician, then we recommend that you discontinue the aspirin at least one week prior to your dermal filler treatment to limit bruising. To reduce the risk of bruising, we also recommend that you avoid the following for one week prior to your dermal filler treatment:

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| Red Wine :(                                      | Green Tea       |
| NSAIDs (Motrin, ibuprofen, Aleve, Advil)         | Willow          |
| Vitamin E  | Licorice        |
| Fish Oil & Essential Fatty Acids (Flax seed oil) | St. John's Wort |
| Ginkgo   | Angelica        |
| Garlic   | Red Clover      |

Also, to further reduce the risk of bruising we recommend consuming foods high in Vitamin K, biotin, Vitamin C and flavinoids, as these have shown to decrease bruising.

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| Spinach    | Citrus fruits | Apricots | Buckwheat Pancakes |
| Bananas    | Blackberries  | Broccoli | Black Currants     |
| Cantaloupe | Cherries      | Grapes   |                    |

If you have a history of oral herpes (cold sores) please notify us prior to your treatment. We would like to discuss prescribing prophylaxis anti-viral medication for you.

## Post-Treatment Instructions for Dermal Fillers

- Minor discomfort, redness, swelling and bruising may occur following dermal filler placement. Contact our office if you experience excessive redness, swelling, bruising, discoloration, warmth and/or pain in the area of the injection site(s) not controlled with acetaminophen. Also, please contact our office if significant swelling lasts longer than 72 hours following your treatment. Complete resolution of swelling can take up to 4 weeks.
- Take non-sedating antihistamines (Claritin or Zyrtec) as per package directions for 7-10 days to help minimize swelling.
- Avoid sun exposure, alcohol, vigorous exercise/activities and becoming overheated for 24 hours following your treatment; and until all side effects have completely resolved.
- Some people will experience bruising in the area of their injections. Bruising typically resolves in 7-10 days. Oral and/or topical Arnica will help clear bruising faster.
- Unless advised by your medical provider, avoid touching the treated area for 24 hours. You may gently wash your face and apply makeup 6 hours after your treatment. Clean all your makeup brushes, applicators and surface prior to application to prevent infections.
- Avoid any facial treatments, massage and/or laser procedures for at least 4 weeks following your treatment unless advised otherwise by your medical provider.
- You should not travel by air or engage in activities where you may experience changes in altitude or barometric/atmospheric pressure (diving, etc.) for at least 2 weeks following your treatment, as this can cause complications.
- If you have a history of cold sores, a treatment around the mouth may trigger an outbreak. Please inform us of this history and an antiviral will be provided for prophylaxis.
- Please contact us if you have any concerns, we are happy to see you again. This will allow us to make any necessary refinements to provide you with the best possible results and the longest lasting effects. We care about you and your success with your treatment at Almond Aesthetic Medicine!