



Pre-Care Instructions for Dermal Fillers

- If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance. Each time you are treated, outcomes may vary.
- Clients should not schedule any vaccination or invasive procedures for 2 weeks before or after treatment with Dermal Fillers. These include but are not limited to:
 - COVID vaccine or Flu vaccine
 - Dental Cleaning or dental work
 - Lesion excision or biopsy
- History of surgical face lift of any kind will lead to denial of treatment of dermal fillers to the midface or cheek region.
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax oil, Cod Liver Oil, Vitamin A, Vitamin E, St. John's Wort or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin Supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling and irritation. Alcohol is also to be avoided 24 hours pre- or post-injectable treatment, as it is also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment).
- Please notify your provider if you have any history of cold sores, as you may need pre-medicating with an antiviral prescription prior to injections. Cancel your appointment if you have any open sores in the treatment area. It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- It is recommended to discontinue Retin-A, 2-3 days before treatment to avoid any increased redness and irritation.
- It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser ultrasound, peels, facials, or micro-dermabrasion.

For any other questions or concerns, please contact your practitioner.

- Any injection introduces the risk for infection. For this reason, the following is taken into consideration when proceeding with injections. We will delay injectables if you:
 - Have had any infection, cold, virus, or flu in the past 2 weeks.
 - Have had any dental procedures in the past 2 weeks or are anticipating dental procedures or cleanings in the next 2 weeks.
 - Have had a surgical procedure in the past 2 weeks or are anticipating a surgery or procedure.
 - Have had any immunizations in the past 30 days or if you're anticipating immunizations.
 - Have had any tattooing or permanent makeup within the past 30 days.
 - Take any immunosuppressive/injectable medications (ex: Biologics such as Humira, Skyrizi, Stelara, Enbrel, Taltz, Cosentyx, Tremfya).
 - Additional contraindications: Pregnancy, breastfeeding, allergies to components of dermal fillers, open sores in areas to be treated.

For any other questions or concerns, please contact your practitioner.