



76 Webster St. Manchester, NH 03104
603-232-5421

Dermal Filler Pre-Treatment Instructions

- ♥ Schedule your Dermal Filler and Botox appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation.
- ♥ Please avoid all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as aspirin, Motrin, ibuprofen, and Aleve. As well as herbal supplements such as garlic, vitamin E, Ginkgo biloba, St. John's Wort, fish oil, flax oil, cod liver oil, and turmeric. (If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin or other prescription blood thinning medications.)
- ♥ Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
- ♥ Please inform your provider if you have a history of cold sores. If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area.
- ♥ Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid for two days before and after treatment.
- ♥ 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 or irritation.
- ♥ If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.
- ♥ It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments that include laser, chemical peels, micro-dermabrasion, or other invasive treatments to your face.
- ♥ Please come to your appointment hydrated and NOT on an empty stomach.
- ♥ Please come with no make-up on if doable. We can wash your face in office if needed.
- ♥ You are not a candidate for dermal fillers if you are pregnant or breastfeeding or have allergies to lidocaine.

Dermal Filler Post Treatment Instructions

- ♥ TRUST THE PROCESS! (lips can be an emotional process while healing)
- ♥ Swelling, Bruising, discoloration, lump or bumps, tenderness, and asymmetry is normal.
- ♥ Days 1-2 after procedure swelling is expected. If you can elevate your head when you sleep that helps as initially after awakening day 2 swelling can be worse.
- ♥ Cold compresses (ice) VERY LIGHTLY to area 20 mins ON & 20 mins OFF for the first 48 hours is ok and will help swelling significantly. (Do not ice after 48 hours post injection; can create rebound swelling).
- ♥ Oral antihistamines like Claritin, Allegra, or Zyrtec can be used prior to and after injections to lessen post-procedure swelling.
- ♥ Take Arnica (typically found in health food stores) to help the bruising and swelling. Begin taking at two days prior to injections is ideal.



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- ♥ Use Tylenol (acetaminophen) for discomfort. DISCOMFORT IS NORMAL; PAIN IS NOT. If experiencing pain, please reach out to your provider who performed your procedure.
- ♥ Avoid strenuous exercise for 24 hours.
- ♥ Avoid extensive sun or heat for 72 hours.
- ♥ Try to avoid make up for 48 hours. Post lip filler use a moisturizer as needed such as Vaseline or Aquaphor. (make sure products are clean)
- ♥ No straws, manipulating /pressing on lips, kissing, or anything vigorous with lips for 7 days.
- ♥ Avoid consuming excess amounts of alcohol or salts to avoid excessive swelling.
- ♥ NO VACCINES TWO WEEKS BEFORE OR AFTER PROCEDURE. This can create an immune response and cause swelling to area injected.
- ♥ No Dental work for two weeks after dermal fillers. This increases the risk of biofilm and infection.

Dermal fillers last, on average, 6-12 months. It is recommended at the time of your treatment to schedule your next appointment for optimal anti-aging benefits. The most typical side effects (bruising, swelling, redness) are temporary and will resolve. However, please call the office to notify us if you experience any additional side effects such as pain or bruising spreading to areas that were not injected.