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PRE-AND POST PROCEDURE INSTRUCTIONS

Filler

(Juvederm, Beletero, Radiesse, Restylane)

- Avoid aspirin, Motrin, Advil ibuprofen and Vit E several days before procedure to avoid bruising
 - Use numbing cream if desired (apply 30 min prior to treatment)
 - Ok to wear makeup right after
 - If you have a history of cold sores, use medication prophylactically
- **Post op**
- Do not massage or move the area excessively for the next 48 hours.
 - If a visible lump is seen massage is used to lessen the bump after 48 hours
 - No vigorous activity for 24 hours following the injection as bruising is more likely
 - No alcohol for 24 hours following the augmentation as bruising is more likely