**DERMAL FILLER PRE AND POST CARE**

* Filler is not recommended if you have an important event within two to three weeks of injection due to potential for bruising and swelling.
* 10 days before treatment and one week after injection: Avoid the use of Aspirin, NSAIDS (Ibuprofen), Ginkgo Biloba, Garlic Supplements, Green Tea, Flax Oil, Cod Liver Oil, Vitamins A and E, and essential fatty acids. Tylenol is ok. DO NOT STOP ASPIRIN IF YOU HAVE BEEN ADVISED TO TAKE IT BY YOUR PRIMARY CARE DOCTOR.
* 3 days before and 3 days after injection: avoid ingesting alcohol
* Do not touch, rub, or manipulate the areas for the first 24 hours following treatment.
* Lumps in the injected are normal and typically dissipate over the next several weeks. These lumps may be gently massaged if your clinician has instructed you to do so.
* Continue to use ice or cool compresses without pressing on the injected areas for the first 24 hours as recommended by your practitioner.
* Sleep with your head elevated for the first night or two depending on the level of swelling or bruising.
* Avoid vigorous exercise and heat for 3 days post treatment.
* Please avoid makeup for the first 12-24 hours.
* Bruising in the area treated is normal and expected. Bruising can last for one week or longer. Eating fresh pineapple and using over-the-counter Arnica cream and pills may help to decrease the amount of bruising.
* Avoid irritating topical products for at least 2 days (Retin A, glycolic acid, benzoyl peroxide, hydroquinone, etc).
* Avoid intense heat (sunbathing) or extreme cold for the first two weeks to avoid further inflammation to the area.
* Avoid most lasers, IPL, BBL or skin tightening treatments for at least 3 weeks, especially treatments that heat the dermis.
* Avoid Radiofrequency skin tightening treatments (Vivace) and fractionally ablative/ablative lasers that target deeper dermal tissue in the treated areas for at least six months.

**Please call our office during normal business hours if you have questions before or after your treatment.**