

Pre Filler Instructions

Pre-Appointment information:

- Injectable fillers cannot be done if you have had any dental procedures, including routine cleanings, two weeks before or after your filler appointment.
- Avoid over-the-counter medications which thin the blood (Aspirin, Motrin, Ibuprofen, and Aleve) or prescribed blood thinners (Plavix, Warfarin, Eliquis) for 7 days prior to treatment. If you are on any form of blood thinners for a medical reason, please consult with your primary provider prior to stopping.
- Avoid supplements including St. John's Wort, ginkgo biloba, primrose oil, garlic, ginseng, fish oil, ginger, green tea, Ma Huang, melatonin, and Vitamin E for 7-10 days prior to procedure. Please inform the provider if you have taken any of these prior to the injection.
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, or any "Anti-Aging" products for 3 days prior.
- Avoid waxing, bleaching, tweezing, or hair removal cream on the area to be treated for 3 days prior.
- Do not drink alcoholic beverages for 24 hours prior to treatment.
- If you have a history of facial cold sores, there is a risk that the needle punctures could contribute to another eruption of cold sores. Please let the provider know if you are prone to cold sores.
- Do not use dermal fillers if you are allergic to any ingredients or suffer from neurological disorders.
- If a laser treatment, chemical peel, or any other procedure based on active dermal response is considered three to seven days before or after an injectable filler treatment, there is a possible risk of an inflammatory reaction at the treatment site.
- Injectable fillers should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection.
- The safety of injectable fillers for use in patients under 18 years has not been established.
- The safety of dermal fillers in pregnant or breastfeeding has not been established.
- The safety of injectable fillers in patients with a history of excessive scarring such as keloid formation and/or pigmentation disorders has not been studied.
- Avoid Smoking for 2 weeks prior to procedure. If you do smoke, please be aware the chance of bruising is greatly increased and healing time lengthens.

If you are concerned about bruising or swelling you may want to purchase Arnica Montana. It is a yellow-orange flower that grows in the mountains of Europe and Siberia considered to be a homeopathic remedy for bruising and swelling. **You should consult with your primary provider before taking Arnica.**

Pre-Treatment instructions for Botox:

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or a great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, minimizing these risks is always desirable.

- Avoid Alcoholic beverages at least 24 hours prior to treatment (Alcohol may thin the blood increasing risk of bruising)
- Avoid Anti-inflammatory / Blood Thinning medications ideally, for a period of two (2) weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Gingo Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, Vioxx, and other NSAIDS are all blood thinning and can increase the risk of bruising/swelling after injections.
- Schedule Botox® appointment at least 6 weeks prior to a special event which may be occurring, i.e., wedding, vacation, etc. etc. It is not desirable to have a very special event occurring and be bruised from an injection which could have been avoided. In addition, the full effect takes time to develop. This leaves time for additional services, if desired.

Pre-Treatment instructions for filler:

If you have a history of Herpes (cold sores), it is recommended that you are pretreated with medication. This office recommends ****Please let us know that you need a prescription if you do not have this medication on hand**** If you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule (we will not treat you).

- It is recommended, if you have a special event or vacation coming up, schedule your treatment at least 6 weeks in advance.
- It is recommended you discontinue use of Aspirin, Motrin, Ginkgo Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before AND after your treatment. (All of these factors may increase risk of bruising) It is recommended you discontinue Retin-A two (2-3) days before treatment to avoid increased redness and irritation.