

Preoperative Instructions

Cosmetic Dermal Fillers

- If you are currently under the care of a physician for any medical condition, you need to check with your physician before receiving any dermal filler procedures. If necessary, you may need to get a medical release from your physician before your appointment.
- Please refrain from taking any blood-thinning products, i.e., aspirin, ibuprofen, products containing aspirin or ibuprofen, or vitamin E for the week leading up to your appointment. If you take any blood-thinning products under the advice of a physician for a medical condition, you need to get a medical release from your physician before discontinuing these products.
- Please refrain from drinking any alcoholic beverages at least 24 hours prior to your appointment.
- Please drink plenty of water for the week leading up to your appointment so that you will be properly hydrated.
- If you tend to bruise, it would be helpful to take Arnica (can be obtained over the counter at nutritional stores such as GNC) for the week leading up to your appointment. The instructions are to take 2 tablets 3 times a day. If you are under the care of physician, please check with your physician before taking this supplement.
- At the time of your appointment, it would be helpful to arrive wearing no make-up. You may wear make-up if you must. The area to be treated will be cleansed with alcohol wipes to remove dirt, make-up, and oil from the skin.
- After your dermal filler procedure is complete, you can expect to be numb afterwards and may want to plan to eat before your appointment.
- After your procedure is complete, we will ask you to apply Neosporin to the treated area. You are not to put anything on the treated area such as make-up or moisturizers until the following morning. If you must wear make-up sooner than that, we ask that you purchase new containers of make-up to be used.
- After your procedure, we will instruct you to use ice on the treatment area, to refrain from drinking alcohol and to refrain from vigorous exercise for 6 hours, and to refrain from going out into the sun for a period of time. You may want to plan your activities accordingly.