



## Fillers Pre/Post Treatment Instructions

### Pre and Post Treatment Instructions for Temporary Fillers

(Juvederm® Restylane® Belotero® Revanesse® or Radiesse®)

#### **Pre-treatment Instructions:**

? Avoid anti- inflammatories (such as ibuprofen, Motrin, Advil, Aleve, etc) aspirin, vitamin E, Ginkgo Biloba one week prior to treatment, in order to reduce the possible side effects of bruising/swelling in the areas of treatment

? Avoid Alcoholic Beverages (within 24 hours of treatment)

? Avoid Chemical Peels and Laser skin treatments 1-2 weeks prior to treatment with fillers

? If you tend to bruise easily, you may take Arnica Montana (SinEcch?) immediately after your treatment. For the remaining pills, please follow the directions behind each capsule. You can obtain Arnica without a prescription at some pharmacies and most health food/ nutritional supplement stores.

#### **Post-treatment Instructions:**

? Apply cool (not frozen) compresses for 12 hours (20 minutes every 2 hours except when sleeping) to decrease bruising and swelling. ? Avoid strenuous exercise for 24 hours.

? Avoid sun exposure/tanning beds for 24 hours.

? Avoid Alcoholic Beverages for 24 hours.

? Avoid massaging/pressing the treated areas for 1-2 days unless directed otherwise.

? Avoid exposure to extreme cold temperatures for prolonged periods of time for 1-2 days.

? 48 hours after your procedure you may begin adding Ginkgo Biloba, garlic, flaxseed oil, cod liver oil, vitamin E or any other essential fatty acids.

? If laser treatment, chemical peels, or any other procedure is being considered after the use of fillers, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before and/or after use of temporary fillers.

#### **Follow-up appointment:**

? Your follow up appointment in the office will be 7-10 days post treatment after your first treatment, and as desired or required after subsequent treatments

? Schedule your next appointment for 3 months

? If you have any questions or concerns, please call us at 248-607-SKIN