



Filler Pre-Treatment Instructions

The following guidelines are for the purpose of assuring the best possible results of your Filler treatment while limiting unnecessary side effects such as bruising, swelling and risk of more serious complications, such as nodules & infection.

To reduce your chances of nodules and/or infection please make sure to do the following before your visit with us -

- If you have had any surgical implants (e.g., hip, dental or knee replacement) in the past two months, please contact our office to reschedule your filler appointment.
- Two Weeks Prior - you will want to be sure to postpone any dental work or immunizations until 2 weeks AFTER your last filler treatment
- One Week Prior - if you are ill or have a skin infection in the area that we will be treating with filler, please contact our office to reschedule your filler appointment.

You will want to contact our office to reschedule your filler appointment if -

- You have upcoming air travel or activities where you will experience changes in altitude or barometric pressure (flying or scuba diving) within two weeks after your filler treatment.
- You have activities planned where you cannot tolerate bruising or swelling in the areas treated with fillers

We recommend that you take a non-sedating antihistamine (e.g., Claritin or Zyrtec,) one per day starting the day of your treatment and continuing for 7 - 10 days after your injection or until any swelling subsides. This can help reduce swelling and prevent more serious complications following your Filler treatment.

To reduce your risk of bruising we recommend that you take Arnica Montana (homeopathic preparation only) starting the morning of your injections. You can obtain the correct formulation of Arnica from our office.

If you are on daily aspirin prescribed by your physician, do not stop your aspirin in preparation for this procedure. If you are on aspirin daily that is not prescribed by your physician, then we recommend that you discontinue the aspirin at least one week prior to your Filler treatment to

