

COSMETIC FILLER INSTRUCTIONS

PRE-FILLER INSTRUCTIONS:

- STOP using aspirin, Motrin, ibuprofen, vitamin E, ginko biloba, fish oil, green tea, St. John's wort or other anti-inflammatory medications, if okay with your prescribing physician. These medications should be discontinued 10 days prior to the procedure, as they increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- Do NOT drink alcoholic beverages 24 hours prior to your treatment.
- Expect that you will have some bruising and swelling after the procedure. Over the counter Arnica supplements (available for purchase at Comprehensive Dermatology or Whole Foods) have been shown to decrease bruising. Start taking Arnica at least 3 days prior to treatment.
- Inform the medical assistant if you have a history of medication allergies, history of anaphylaxis and any other medical conditions.
- Make sure to schedule your treatment at least 1 month prior to an important event.

POST-FILLER INSTRUCTIONS:

- Apply cool compress to the areas treated, avoiding pressure, as this helps reduce swelling and the potential for bruising.
- Expect treated areas to be red, slightly swollen, and bruised for the first 2-5 days.
- You may take acetaminophen (Tylenol) if you experience any mild tenderness or discomfort.
- Massage the treatment areas only if instructed to do so.
 - Sculptra- Follow the 5-5-5 rules: massage 5 minutes, 5 times a day, for 5 days.
- Avoid strenuous activity for the remainder of the treatment day. You may resume other normal activities and routines immediately.
- Avoid hot showers or saunas for 6 hours after treatment as they can worsen bruising.
- You may continue taking Arnica supplements, apply topical Arnica gel, or try eating fresh pineapple and/or take bromelain supplements as they may help alleviate some of the bruising; you may also cover the bruising with makeup.
- Avoid aspirin, ibuprofen and all supplements listed above if cleared by your physician for 1 week, as they may increase bruising.
- Wait a minimum of 2 weeks before receiving any facial or massage treatments.