

## Pre-Treatment Instructions for Dermal Filler (*Radiesse, Juvederm, Restylane, & RHA*)

- ✗ Do NOT apply makeup or skincare products before your appointment. The provider will need to see the treatment area in its natural state. If any is applied before your appointment, it will be removed.
- ✗ Do NOT take NSAIDS (ibuprofen, Advil, Motrin, etc) 3 days prior to your appointment. This can increase the chances of bleeding and bruising.
- ✗ Do NOT have any dental work 2 weeks prior to your treatment.
- ✗ Do NOT exfoliate, receive facials, or laser treatments 1 week prior to your appointment unless directed otherwise by your provider.
- ✗ Discontinue use of Retinols, BHA's/AHA's, or any other exfoliating acids for the skin 3 days prior to your appointment.
- ✗ Please speak to your General Care Doctor prior to discontinuing use of prescription blood thinners.
- ✗ Please note that excess amounts of garlic, fish oil, and alcohol increase the likelihood of bleeding, bruising, and swelling when receiving injections. It is recommended to limit or discontinue use 3 days prior to your appointment.
- ✓ If you are susceptible to bleeding and bruising, it is recommended to take Arnica tablets as directed on the bottle for 1 week prior to your treatment.

## Post-Treatment Instructions for Dermal Filler

- ✗ Avoid significant movement or massage of the treated area, unless instructed by the provider.
- ✗ Avoid strenuous exercise for 24 hours.
- ✗ Avoid extensive sun or heat for 72 hours.
- ✗ Avoid consuming excess amounts of alcohol or salt to avoid increased swelling.
- ✗ Do NOT have any dental work 2 weeks after your treatment.
- ✓ If you have swelling you may apply an ice pack as needed.
- ✓ Use Tylenol for discomfort.
- ✓ Try to sleep on your back and slightly elevated if you experience swelling while the treated area is healing.

Please contact the office if you have any questions or concerns.

