

## **DERMAL FILLERS PRE AND POST INSTRUCTIONS**

### **Pre-Treatment Instructions**

- One week prior to your appointment avoid taking non prescription medications; such as aspirin, aspirin containing products, Ginkgo Biloba, high doses of Vitamins C and E, St John's Wort any non-steroidal anti inflammatory agents, such as ibuprofen. Many non prescriptions agents may increase bruising and bleeding at the injection site, as may Flax seed oil and Fish oil (Ascorbic Acid). This is very important. In case of doubt, ask us what to quit and when to safely resume.
- After treatment you may resume the usual doses of your usual medications and nutritional supplements as needed for your comfort.
- Please avoid alcohol for 72 hours prior to surgery or facial injections such as Botox or Fillers.

### **Dermal Fillers Post Treatment Instructions**

- You may choose to use cold compresses as needed at home, (gel packs or bags of ice wrapped in a towel for swelling or discomforts). Never apply ice directly to the skin.
- Remain in the upright position for 4 hours after your treatment; avoid lying down perfectly flat for 4 hours immediately after treatment.
- Avoid touching the area unless your hands have been thoroughly washed.
- Minimize or avoid consumption of alcohol beverages immediately after treatment for the first day.
- Avoid exposure to the sunshine, tanning beds, hot tubs, or saunas 24 hours after treatment.
- Avoid strenuous exercises for 12 hours after injections.
- We recommend Tylenol (not aspirin or Ibuprofen) for lingering discomfort unless otherwise advised by Dr. Salzman.
- Exercise the treated muscles for a few hours after treatment by being fully expressive.
- Schedule a 30 day follow up to re-photo and meet with out nurse or doctor for perceived complications any weekday.
- Do not wear compressive masks 10 -14 days after treatment such as those used for scuba or sport parachutes. Do not face down in a pillowed-doughnut used in back massages and chiropractic treatments. Such prolonged pressure on injected facial areas may affect your appearance before the injections have "set" within the tissues. Remember there is gum sensitivity with the first or second dental brushing if you have received dental gum/mucosal Lidocaine injections.