



Pre and Post Instructions for Dermal Fillers

Prior to your filler treatment:

- Discontinue NSAIDs, such as ibuprofen (Advil, Motrin) aspirin, naproxen, and meloxicam for 5-7 days prior to injection
- If you have been prescribed aspirin or other anticoagulants such as Coumadin, Lovenox, Eliquis, Xarelto, etc. by your health care provider, please consult with your injector prior to your treatment date and **do not discontinue** these medications
- Discontinue vitamins B, C, and E as well as fish oil, biotin, omega-3 fatty acids, or collagen for 5-7 days prior to injection
- Reschedule your appointment if you have an active bacterial, fungal, or sinus infection on or near the areas to be treated
- Reschedule if you have had recent or ongoing dental procedures/dental infections (regular dental cleanings are OK)
- Reschedule your appointment if you are feeling ill and/or have been diagnosed with COVID-19, influenza, etc.

After your treatment:

- DO NOT touch or apply makeup/sunscreen/lotion to the areas that were injected. This may increase the risk of infection
- Avoid exercise for 24 hours post-injection
- Only massage the area(s) if instructed to do so by your injector
- Your injector may advise you to sleep on your back for the first night following the injections
- You may Arnica Montana following your appointment if you notice any bruising
- Fillers take time to settle and soften. Be patient, however, please call our office if you do have any concerns such as an increase in swelling, pain, or redness to any of the injection sites
- Please call our office with any questions or concerns at 303-320-8618