

## PRE-CARE INSTRUCTIONS

# FILLER

### OVERVIEW

We are excited to see you at your upcoming filler appointment, but there are a few guidelines you'll need to follow before we can treat you. Please adhere to this checklist prior to your appointment.

ACCESS THE ONLINE  
INSTRUCTIONS HERE



### PRE-CARE CHECKLIST:



#### PRE-TREATMENT

### Set Realistic Expectations

Talk with your treatment provider to make sure you are a good candidate and set realistic expectations.



#### 2 DAYS PRIOR

### Avoid Alcohol

Avoid alcohol for 48 hours before your treatment and caffeine on the day of your treatment.



#### 2 WEEKS PRIOR

### No Dental Work

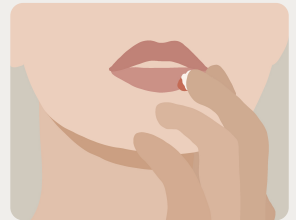
Avoid the dental work 2 weeks before.



#### 2 DAYS PRIOR

### Pre-Treat Cold Sores

If you have a history of cold sores or herpes, we recommend you pre-treat with an antiviral 2 days before your scheduled treatment.



#### 7 DAYS PRIOR

### Avoid Anti-Inflammatory Medication

Avoid aspirin, Ibuprofen, naproxen, and other non-steroidal anti-inflammatory medications, or supplements which may thin your blood (i.e. vitamin e, fish oil, St. John's Wort, etc.) for 7 days before treatment. These agents may increase the risk of bruising and bleeding. Tylenol is ok.



#### DAY OF

### Fresh Laundry

Post injection, ensure that your pillowcase, bedding and anything else your face may have contact with is clean and freshly laundered.





DAY OF

## No Makeup

Please come to your appointment without makeup as we will ask you to wash your face prior to injections.



FOR 3 DAYS AFTER

## Expect Swelling And Redness

When making plans for the first 48-72 hours post injections, understand the possibility of swelling, redness, and bruising.

