

# THE MEDSPA ATPSM

## DERMAL FILLERS

### PRE-TREATMENT INSTRUCTIONS

Avoid the following within 2 weeks of treatment to minimize risk of bruising:  
NSAID medications such as Aspirin/Advil/Ibuprofen/Aleve/Motrin etc. Tylenol is ok to take.  
Fish oil/Omega 3  
Vitamin E (multivitamin acceptable)  
Green tea  
Alcohol

Arrive to appointment with a clean face and no make up.

If you are receiving treatment around the mouth and are prone to cold sores/fever blisters, please ask your provider if an antiviral prescription is needed.

Allow at least 2 weeks between your treatment and any important events to allow full recovery.

No dental work, vaccines, or invasive procedures within 2 weeks before and after treatment if possible.

### POST-TREATMENT INSTRUCTIONS

Apply a cold compress for 10 minutes every hour until bedtime.

Use Arnica as instructed to reduce or resolve potential bruising.

Avoid exercise, make up, and excessive heat for the remainder of the day.

Immediately following treatment, there may be redness, bruising, swelling, tenderness, and/or itching near the injection site. Allow 2 full weeks for bruising or swelling to dissipate.

Keep head elevated; if possible, do not lie flat for four hours. For tonight only, sleep with extra pillows so that head is elevated to reduce swelling.

You may feel areas of firmness. These areas will soften and settle with time (usually 2-3 weeks). If there is a visible bump, you can massage the area.

You may take acetaminophen (Tylenol) to reduce any discomfort as needed.

If you experience unusual or worsening pain, bruising, or other medical changes, please contact our office for further instruction.

*Arnica Cream – apply a thin layer to bruised/swollen area 3 times a day*

*Arnica Tablets – take as directed 3 times a day; tablets are sublingual and dissolve under the tongue. Do not eat or drink anything for 15 minutes after taking.*