



## BEFORE AND AFTER FILLER INSTRUCTIONS

### One month before:

- Plan your filler appointment at **LEAST** one month before social events to allow swelling and bruising to subside. Under eye filler can sometimes take a full month for swelling and bruising to go down

### One week before:

- Avoid all non-steroidal anti-inflammatories (NSAIDS) to prevent bruising including ibuprofen, aspirin, Aleve, Motrin and Advil. Take Tylenol if you have pain. **DO NOT** stop any prescribed blood thinners
- There is **ALWAYS A RISK OF BRUISING WE CANNOT GUARANTEE YOU WONT BRUISE**
- Avoid alcohol, fish oil, vitamin E, St. John's Wort, Gingko Biloba, ginseng, garlic pills to avoid bruising.
- If you have a history of cold sores, please take prescribed antiviral from primary care provider. Filler or any injection around the mouth can trigger a flare up. Take antiviral as prescribed. If you have a cold sore the day of your filler appointment we will need to defer treatment until cold sore has resolved.
- Start taking Arnica Montana tablets (sold in markets) Take 4 tablets and dissolve under tongue 4 times a day for 7 days leading up to your appointment. Arnica assists with preventing bruising.
- Avoid dental cleaning one week before.

### Day of treatment:

- Arrive with a clean face, no makeup please.

### After treatment:

- Swelling, bruising, unevenness (due to swelling) are **NORMAL** side effects of filler treatment. Swelling and bruising can last up to 2 weeks
- No makeup for 24 hours
- Numbness will subside after a couple hours. Tenderness will subside after one week, take Tylenol if needed
- No exercise for 24 hours
- For any **EXCESSIVE** bruising, **SEVERE** pain, skin color changes, blisters or scabs email us immediately at [myluzlounge@gmail.com](mailto:myluzlounge@gmail.com) Do not massage area treated

