



## **DERMAL FILLER PRE- AND POST-CARE**

Your appointment for Dermal Filler is coming up and I want you to have the best results possible. Please read these instructions for pre and post treatment. Thank you so much! I am looking forward to seeing you very soon! Please call me at 303-929-4875 if you have any concerns or questions.

### **Before Treatment**

- Avoid aspirin (any product containing acetylsalicylic acid), vitamin E, Fish oil, St John's Wort, and other dietary supplements including: ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 1 week. Avoid caffeine the morning of your appointment.
- Avoid ibuprofen (Advil, Motrin) and alcohol for 2 days.
- If possible, come to your appointment with a cleanly washed face without make-up.
- Oral Arnica Montana may help reduce bruising and swelling. It's a good idea to buy this ahead and take it for a few days before.

### **After Treatment**

- Skin redness and swelling in the treatment area is common. This should resolve within a few days. If it persists longer than 3 days, please contact your physician.
- Do not massage the treated areas.
- Avoid applying heat to the treated area until any swelling or bruising have resolved. Routine washing and showering is fine.
- Avoid activities that cause facial flushing on the day of treatment including: consuming alcohol, exercising, and tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising up to a few days after treatment. If bruising occurs it typically resolves within 7–10 days.
- After treatment, oral and/or topical Arnica Montana may help reduce bruising and swelling. It's a good idea to buy this ahead and take it for a few days before.
- If 2–4 weeks after treatment you feel that you require a touch-up, please contact the office or call me and I will schedule an appointment.

Have a wonderful day! See you soon!

Heather Despard  
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303-929-4875

*"Your Face is Forever"*