dermal filler *pre-care*

PLAN AHEAD

Bruising and swelling are common and can take up to two weeks to fully settle. Schedule your filler at least two weeks before a wedding, a photo session, or any event where you want to look your best. Following these steps lowers your chance of bruising and helps us give you the most accurate result.

ONE TO TWO WEEKS BEFORE

- If it is safe for you, **pause supplements that thin the blood**: fish oil, vitamin E, ginkgo, ginseng, high-dose garlic, and turmeric.
- **Avoid aspirin and NSAIDS** such as ibuprofen and naproxen for about a week unless they are prescribed to you. Tylenol, or acetaminophen, is fine.
- **Never stop a prescribed blood thinner** — warfarin, apixaban, clopidogrel, or similar — without clearing it with the doctor who prescribed it. We can treat you safely either way.
- Space your appointment about two weeks from dental cleanings, dental procedures, and vaccinations.
- If you are prone to cold sores, ask us about starting an antiviral before your appointment.

TELL US BEFORE WE TREAT

- A history of cold sores or fever blisters. Lip and perioral filler can trigger an outbreak, and we may prescribe an antiviral to start beforehand.
- Any active breakout, cold sore, rash, or infection at or near the treatment area.
- Autoimmune conditions, a history of severe allergies or anaphylaxis, or any previous reaction to filler.
- A tendency to form thick or raised scars.
- Every filler you have had before — what, where, and when — including anything placed at another practice.
- Recent or upcoming dental work, vaccines, or illness.
- If you are pregnant, breastfeeding, or trying to conceive. Filler is not recommended.
- All medications you take, including blood thinners, antibiotics, and immune-modulating medications.

THE DAY BEFORE 24 Hours

- Skip alcohol. It thinks the blood and is one of the most common reasons patients bruse.
- Drink plenty of water and get a full night of sleep.

THE DAY OF

- Arrive with clean skin and no makeup on the treatment area if you can.
- Eat a real meal and drink water beforehand. It lowers the chance of feeling lightheaded during treatment.
- Let us know if you are ill, running a fever, or fighting an infection. We will scheduce — treating during an active illness raises the risk of a delayed reaction.
- Plan a low-key evening. No strenuous exercise, heat, or alcohol afterward.