Lip Filler Pre and Post Care Instructions

Pre-Treatment

- To lessen the likelihood of bleeding or bruising, discontinue use of blood thinning products for 3 days prior to treatment, if approved by your primary care provider. This includes:
    - o aspirin, ibuprofen (Motrin or Advil), naproxen, Aleve, fish oil, St. John's Wort, flax, Vitamin E, Vitamin D, garlic, Ginkgo Biloba, ginseng, etc.
- Alcohol is also to be avoided 24 hours pre- or post- injectable treatment, as it is also a blood thinner. You can consider taking Arnica Montana natural supplement to help bruising (take 5 tablets three times per day starting one week prior to treatment) •
- Please notify your provider if you have any history of cold sores, as we will consider pre-medicating with an antiviral prescription prior to injections.
    - Cancel your appointment if you have any open sores in the treatment area. It is important that you alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.

Post-Treatment

- Swelling, bruising, tenderness, and areas of firm nodules are not uncommon. These are normal! Do not massage any lumps until two weeks post treatment.
- Cosmetic fillers are long lasting, but not permanent. Longevity depends on the areas treated and your body's metabolism. If you are very active, expect the longevity of your results to be less.
- Avoid heavy exercise the day of your treatment.
- Avoid dental work for 14 days after filler injections.
- Avoid the use of straws, smoking, vaping, etc. for one week post treatment.
- You may take acetaminophen/Tylenol if you experience any mild tenderness or discomfort.
- For most patients, the benefits of dermal fillers can be enhanced by using a medical grade skincare system. Please contact your provider or a member of the staff for product recommendations.
- If you experience bruising, Arnica Montana natural supplement can be taken to help bruising resolve at a faster rate; take 5 tablets three times per day (this can be started 1 week prior to injections).
- Please monitor closely for any of the following symptoms:

- dusky or white discoloration of injected areas
- mottling or unusual bruising
- severe or increasing pain, redness, increasing warmth or coolness to touch.

If you notice onset of any of these symptoms, call and text our office at 480-336-9034 to speak to a staff member.

Date *

MM/DD/YYYY

Signature *