Pre-Treatment Instructions FILLERS

**(JUVEDERM, RESTYLANE, PERLANE, BELOTERO, VOLUMA, VOLBELLA, VOLLURE, REFENY/DEFYNE, etc.)**

**As with any injection, cosmetic injections may cause swelling and bruising. Most episodes are very mild and resolve shortly.**

* To reduce chances of bruising, please avoid the following for 7-10 days prior to your visit: any form of alcohol, aspirin, medications containing ibuprofen, Celebrex and supplements with Vitamin E, Fish Oil, and other herbal supplements (such as gingko, garlic or ginseng).
* If you normally require Valtrex for cold sores please inform your provider (depending on the location of your injection a preventative dose of Valtex may be prescribed).
* To aid in faster recovery, take Arnica capsules prior to and after the procedure (available for purchase in our offices).
* No Dental Work two weeks prior to treatment & two weeks after treatment

Post-Treatment Instructions

* After your injection, bruising, swelling and discomfort may occur. Within the first 1-2 days (as needed) post treatment apply an icepack (contained within a plastic bag) or ice wrapped in a cloth to the treatment area to help reduce swelling (avoid putting ice directly on your skin).
* Avoid intense cardiovascular exercise for 24 hours (i.e. cycling, running, etc.)
* No make-up until the next day.
* Avoid facial massages to the treated area for a week and avoid touching the area excessively for the first 24 hrs. Always wash your hands prior to touching the area of injection.
* The evening after the injection you may wash your face with a gentle cleanser, but do *not* apply skincare products to the treated area.
* We recommend waiting 7 days before doing a Facial or other skin treatments.
* **LIPS ONLY:**Avoid smoking, whistling, drinking from a straw, and French kissing for at least 24 hours after treatment. Be advised, your lips and mouth will remain numb for a few hours after the treatment; please avoid consuming hot liquids to prevent burning and be careful with eating.
* **UNDER EYE TREATMENT:**Do not use swimming goggles for one month.
* If you develop bruising and would like it to go away quicker, call our office within two days after the injection to schedule the V-beam laser treatment at no charge. It is only effective when the bruises are purple or red. Once the bruise has evolved to the brown/yellow state, the laser will no longer be effective.
* Consider taking anti-histamine AFTER lip injections to minimize temporary swelling.
* If you have any concerns or questions please don’t hesitate to call our office at **518-786-7004**