



### Pre-Treatment Instructions for Dermal Filler

The following guidelines are for the purpose of assuring the best possible results for your dermal filler treatment. Following these guidelines will help to minimize side effects such as bruising and swelling.

Notify us if the following situations apply to you. Your dermal filler treatment may need to be delayed or rescheduled if:

- You are experiencing illness or infection
- You have had recent or upcoming dental work.
- You have upcoming air travel or activities where you will be experiencing changes in altitude or barometric pressure.
- You have activities or special events planned within 2 weeks of your scheduled treatment.

Taking a non-sedating antihistamine (e.g. Claritin or Zyrtec) for 5-7 days starting the day of your treatment can help reduce swelling following your dermal filler treatment. Topical or oral Arnica Montana use may reduce bruising and swelling. Do not take Arnica if you are on a prescription blood thinner such as Coumadin or Warfarin.

If you take a daily aspirin prescribed by your physician, DO NOT stop your aspirin in preparation for this procedure. Discontinuing NON PRESCRIBED aspirin one week prior to your dermal filler treatment will limit bruising. Avoiding red wine, NSAIDS (Motrin, ibuprofen, Aleve, Advil), Vitamin E, Fish Oil and Green tea will further reduce the risk of bruising.

If you have a history of oral herpes (cold sores) please notify us prior to your treatment. We would like to discuss prescribing prophylaxis anti-viral medication for you.

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

[Almondaesthetic.com](http://Almondaesthetic.com)



### **Post-Treatment Instructions for Dermal Fillers**

Minor discomfort, redness, swelling, and bruising may occur following dermal filler placement. Acetaminophen may be taken for discomfort. If you experience excessive redness, swelling, bruising, discoloration, warmth, and/or pain in the treated area please contact the office. Complete resolution of swelling can take up to 4 weeks.

Take non-sedating antihistamines (Claritin or Zyrtec) as per package directions for 5-7 days to help minimize swelling.

It is normal to experience bruising in the treatment area. Bruising typically resolves in 7-10 days. Oral and/or topical Arnica and ice will help minimize bruising.

Avoid sun exposure, alcohol, vigorous exercise /activities, pressure on the treated area and becoming overheated for 24 hours following your treatment. You may need to sleep on your back depending on the area of filler placement.

You may gently wash your face and apply makeup after your treatment. Avoid excessive touching of the treatment area. Clean all your makeup brushes, applicators, and surface prior to application to prevent infections.

Avoid any facial treatments, massage, and/or laser procedures for 4 weeks following your treatment unless advised otherwise by your medical provider.

If you have a history of cold sores, please inform us of this history and an antiviral may be recommended for prophylaxis.

Please contact us if you have any concerns. We care about you and your success with your treatment at Almond Aesthetic Medicine!

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

[Almondaesthetic.com](http://Almondaesthetic.com)