

Dermal Filler Pre and Post Care

How to Prepare for Your Dermal Filler Treatment

- **Avoid Alcohol & Blood Thinners:** Refrain from alcohol for at least 24 hours (ideally 3 days) before treatment. Stop NSAIDs (Aspirin, Advil, Aleve, Ibuprofen) and blood-thinning supplements (fish oil, ginkgo, ginseng, garlic pills) at least 1 week prior to minimize bruising. Tylenol and multivitamins are okay.
- **Start Arnica Montana:** Take this natural supplement a day before to reduce swelling and bruising.
- **Limit Sodium & Hair Removal:** Avoid salty foods and hair removal (waxing, tweezing) for 2 days before treatment.
- **Discuss Skin & Medical History:** Inform your provider about any allergies, medications, cold sore history, or recent chemical peels/laser treatments.
- **Pregnancy & Breastfeeding:** Treatment is not recommended for those who are pregnant or breastfeeding.

What to Expect on Treatment Day

- Treatment lasts 15-60 minutes depending on the area.
- Numbing agents may be applied before injection.
- Your provider will inject, massage, and evaluate the treated area. Additional filler may be used if needed.

Post-Treatment Care

- **Swelling & Bruising:** Common side effects that typically subside within a few days. Bruising may last up to 10-14 days.
- **Avoid Exercise & Alcohol:** Refrain for 24 hours to reduce bruising risk.
- **Makeup & Skincare:** Can be resumed immediately.
- **Ice Application:** Apply gently every 10-15 minutes for the first 1-2 hours post-treatment.
- **Sun Protection:** Use a mineral sunscreen SPF 30+ and avoid extreme temperatures until swelling resolves.
- **Follow-Up:** Typically scheduled 2 weeks post-treatment.

When to Contact Your Provider

If you experience severe pain, skin discoloration, excessive swelling, red lumps, or whiteheads, contact your provider immediately.