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Filler & Injectable Instructions

Before your procedure

- We recommend that you avoid aspirin or NSAIDS (including *baby* aspirin, Bufferin, Excedrin, Alka-Seltzer, Advil, ibuprofen, ketoprofen, etc.) for eight days prior to your procedure. These medications significantly increase your risk of sustained bruising after the procedure. You may safely restart these medications three days after the procedure. **NOTE:** if you take aspirin for a history of heart disease or stroke **DO NOT discontinue it** and please alert our staff.
- Discontinue all over-the-counter supplements, vitamins, and/or herbal remedies (especially vitamin E, ginkgo, ginseng, glucosamine, ginger, garlic, feverfew, omega-3/fish oil) eight days before your procedure as these may also cause prolonged bruising. You may resume your supplements three days after your procedure.
- Tylenol (acetaminophen) is safe both before and after your procedure.
- Alcohol may increase bruising and should be avoided three days prior to and one day following your procedure.
- Smoking negatively affects blood flow and cosmetic outcomes. Please do not smoke for two weeks before and after your procedure. Please notify us if you smoke regularly.
- Please eat a larger, well-rounded breakfast/lunch before your procedure. Fasting is neither required nor recommended.
- Drinking pineapple juice (or taking bromelain) the week prior to your procedure has been shown to reduce bruising.
- Arnica (*Arnica montana*) gel (i.e. Auriderm post-procedure gel) has been shown to reduce bruising after fillers. We recommend you start two days before your procedure and continue it for a few days after. This is widely available, or you can purchase it from our office.

After your procedure

- You may take Benadryl for swelling. Ice packs/frozen pea packages are acceptable in moderation, but they can change the consistency of your filler if used excessively.
- Do not massage the treated areas unless instructed to do so by our staff.
- Avoid excessive sun exposure or activity immediately after your procedure. Take the day off from the gym, tennis, golf, etc.
- Make sure to pamper yourself!
- Please call the office immediately if you have any problems.