

Injections Pre-Post Treatment Instructions

Pre-Treatment Instructions:

- Avoid the use of blood thinning products for 2 weeks. Aspirin, Ibuprofen (Motrin or Advil), Naproxen, Aleve, fish oil, ginger, ginko biloba, garlic oil, ginseng, St. Jon's Wort, Vitamin E or Multivitamin supplements.
- Consider taking homeopathic product called Arnica tablets (start 1-2 days before your injection date and continuing for 2 days after to minimize bruising and swelling).
- Avoid consuming alcoholic beverages for 24 hours prior to treatment.
- Schedule you injection at a time when minor swelling or bruising will not disrupt your social obligations.
- No sinus infections.
- Pre-treat with Valtrex if receiving lip injections and a history or cold sores.

Post Treatment Instructions:

- Do not massage or otherwise manipulate the area injected, unless directed by injector.
- May use topical Arnika gel for bruising.
- May use cool compresses up to 48 hours post injection for swelling or bruising.
- Avoid alcoholic beverages 24 hours after treatment.
- Avoid extensive sun exposure for a day.
- Avoid dental work for 2 weeks if the areas around the nose and mouth have been injected as well as activity that would require pursed lips or puckering of lips (including use of straws).
- Try to sleep with head elevated for 2-3 days to decrease swelling.
- Avoid sleeping on your stomach for 2 weeks.
- You may resume Aspirin or anti-inflammatory medication 2 days after the injection. Use Tylenol as needed for soreness.
- Allow your filler at least 2 weeks to feel softer and more like your own tissue.