



Dermal Filler

Pre and Post Care

Pre Treatment Instructions:

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least 7 days prior to your treatment.
- Avoid alcohol at least 3 days prior to your appointment
- Minimize caffeine and avoid coming in to your appointment on an empty stomach. This will help provide comfort during your appointment.
- You may use Arnica tablets 2-3 days prior to injections to reduce the risk of bruising.
- Separate any dental visit out two weeks before/after any filler appointment.
- Separate out any immunizations two weeks before/after any filler appointment
- You should not have a sinus infection or be on antibiotics within 1-2 weeks of a filler appointment

Post Treatment Instructions

- You may take over the counter Arnica supplement as needed for bruising.
- You may take Tylenol as needed for discomfort
- You may take an antihistamine (ex: Zyrtec, benadryl) to help decrease the inflammatory response.
- Ice the area as needed to help with any potential bruising and swelling.
- No exercise or strenuous activity for 48 hours
- No extreme heat or direct sun exposure for 48 hours
- No waxing or laser treatment to treated areas for 48 hours
- Do not massage the injection site
- No dental cleanings for 2 weeks.
- No vaccines for 2 weeks.
- Signs and symptoms of a vascular occlusion include: pale skin or blanching, gray discoloration, and pain. **Please notify the clinic promptly if this occurs.**

Call/Text 731-554-7727 if you have any further questions or concerns!

Thank you for choosing Rejuvenate Wellness and MedSpa!