

FILLERS

PRE & POST PROCEDURE



5-7 DAYS PRIOR TO PROCEDURE

Stop all aspirin, anti inflammatories (Advil, Motrin, Aleve, Celebrex, Mobic, etc.), Vitamin E, Fish Oil, Omega 3, St, John's Wart, and Multi Vitamins containing Vitamin E. This will help reduce the risk of bruising. You may resume these products 24 hours after the procedure. If you need a pain reliever, take Tylenol or acetaminophen.

FOR 24 HOURS AFTER PROCEDURE

No strenuous, jogging, pounding exercising, heavy lifting, or massages where the face has to go into a cradle.

FOR 48 AFTER PROCEDURE

You will need to ice the areas where you had the injections off and on for 10 minutes at a time.

FOR 2 WEEKS AFTER PROCEDURE

Do not have any dental procedures done.

**DO NOT RUB AREAS UNLESS INSTRUCTED TO DO SO
BY THE DOCTOR**