



COSMETIC FILLER INSTRUCTIONS

PRE-FILLER INSTRUCTIONS

- STOP using aspirin, Motrin, ibuprofen, vitamin E, ginkgo biloba, fish oil, green tea, St John's wort, or other anti-inflammatory medications, if okay with your prescribing physician. These medications should be discontinued 1-2 weeks prior to the procedure, as they increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- DO NOT drink alcoholic beverages 24 hours before your treatment.
- Expect that you may have some bruising and swelling after the procedure. Over the counter Arnica supplements (available here or at any supplement store, Whole Foods, etc.) have been shown to decrease bruising. To receive the benefits from Arnica please start taking 3 days prior to your treatment.
- Inform the nurse or physician if you have a history of medication allergies, history of anaphylaxis and any other medical conditions.
- Make sure to schedule your treatment at least 1 month prior to an important event, to ensure you are fully recovered.

POST-FILLER CARE

- Apply cool compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.
- Expect treated areas to be red, slightly swollen, and bruised, for the first 2-5 days.
- You may take acetaminophen (e.g., Tylenol) if you experience any mild tenderness or discomfort.
- Massage the treatment areas only if instructed to do so. For example, for Sculptra, follow the 5-5-5 rule: Massage 5 minutes, 5 times a day, for 5 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities and routines immediately.
- AVOID hot showers or saunas for 6 hours after treatment as they can worsen bruising.
- You may continue taking Arnica supplements, apply topical Arnica gel, or try eating fresh pineapple and/or take Bromelain supplements as these may help alleviate bruising.
- Bruising may be covered with make-up.
- AVOID aspirin, ibuprofen and all supplements above if okay with your physician for 1 week, as they may increase your potential to bruise.
- Wait a minimum of 2 weeks before receiving any facial or massage treatments.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 906-2788.