

# **PATIENT PRE AND POST TREATMENT INSTRUCTIONS FOR DERMAL FILLERS**

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Recommendations for a few simple guidelines and both pre and post-procedure. These can make the difference between a good result and a fantastic one.

## **PRE-TREATMENT INSTRUCTIONS**

1. One week before exclude: Aspirin (Advil, Aleve, etc.), Ginkgo Biloba, garlic, flax oil, cod liver oil vitamin A, vitamin E and any other essential fatty acids.
2. Avoid Chemical Peels and Laser 1 -2 weeks prior to Dermal filler treatment.

## **POST-TREATMENT INSTRUCTIONS**

Immediately after your procedure and for 24 hours you should avoid the following:

1. Strenuous Exercise
2. Sun exposure/heat exposure/tanning beds
3. Alcoholic Beverages
4. Massaging/pressing areas treated
5. Extreme cold temperatures
6. 48 hours after your procedure you may begin adding Ginkgo Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.

If Laser treatment, Chemical Peel or any other procedure is considered after Dermal filler treatment, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before and/or after Dermal filler.