

## **PRE- DERMAL FILLER INSTRUCTIONS**

- No Aspirin, Vitamin E, Ginko Biloba, Aleve, St. John's Wort, garlic, or Ibuprofen (Motrin or Advil), alcohol consumption for at least 7-10 days, before your appointment.
- \*If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform your medical professional, at least one week before your appointment, so we can prescribe a medication to prevent an outbreak.
- Please notify us 2 weeks prior to your appt if you are allergic to lidocaine. All of the fillers we utilize have lidocaine incorporated for patient comfort.
- Come to your appointment with a clean face. **\*\*This means NO MAKE-UP\***
- Eat a small meal or a snack before your appointment
- Take Tylenol one hour before your appointment to help with any discomfort you may have.
- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections. You may want to refrain from going to any special events during this time.
- Transdermal anesthetic may be used 30 minutes prior to treatment for comfort. A prescription can be written for your own personal use. Arrive 30 minutes early to your appointment if we must apply the anesthetic.

**Everyone has individual needs for filler. What worked for a family/friend may not work for you. The most common problem with fillers is that people do not get enough injected for full correction. Consider this. More may be needed.**

**Please feel free to call Lifetime Healthcenter with any questions regarding the above information.**

**903-534-0773**