



### **Facial Filler Pre-Treatment Instructions**

- **Avoid taking aspirin, non-steroidal anti-inflammatory medications (ibuprofen, Motrin®, Aleve®), St. John's Wort, and vitamin E supplements** for five days prior to treatment to reduce the risk of bruising and bleeding at the injection site.
- **Avoid alcohol** 24 hours before treatment. This will also reduce the risk of bruising and bleeding.
- This procedure will result in excessive swelling and perhaps mild bruising at the injection site, which may last up to two weeks. You might consider arranging your work and social calendar so that you do not have any events for the few days after the procedure.
- Please notify your medical practitioner if you have a history of cold sores so they can provide you with an antiviral medication to prevent an outbreak.