

## **Saluja Cosmetic and Laser Center**

**(704) 584-4071**

### **FILLER Pre & Post Procedure Instructions Reminders**

**\*\*\*Bruising MAY occur with any injection, please plan your appointment accordingly. \*\*\***

#### **THINGS TO AVOID PROR TO INJECTION:**

- Fish Oil, Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin, Vitamin E, Vitamin D, Ginger, Ginko Biloba, Ginseng, and Garlic 7-10 days prior to injection (for those on anticoagulants for a medical condition, would NOT stop).
- ***Avoid make-up on appointment day.*** Pack additional make-up which can be applied post injection. Hair should be pulled back (rubber band, head band or hair clips), to keep out of the injection field.
- No dental work 10 days prior to injection

#### **THINGS TO AVOID POST INJECTION:**

- Avoid excessive heat such as saunas, hot showers etc. for first 24 hours post injection. Heat causes vessels to dilate and may aggravate bleeding and bruising
- Avoid strenuous exercise for 24 hours post injection. This may raise your blood pressure and pulse causing more bruising and swelling.
- No microdermabrasion, facials, Clarisonic brush or massage for 10 days. Chemical peels may be done 48 hours post injection. If the cheek area has been injected, no goggles (swimming goggles) or massages (head in massage table) for 10 days.
- Avoid drinking alcohol for 24 hours after treatment. Alcohol may cause the blood vessels to dilate and cause more bruising. You may apply make-up the next day. You may experience mild tenderness, swelling, itching, or redness at the site of injection especially if lips or temples injected. Redness may last for 1-2 days, rarely longer. Swelling for 2-7 day, bruising for 5-10 days, if it occurs.
- You may wash your face normally in the evening but no make-up until the next day.

#### **OPTIONAL RECOMMENDATION TO MINIMIZE BRUISING AND SWELLING:**

- Arnica Montana (can get from drugstore in arthritis section) 4 days prior to injection to minimize swelling/bruising
- Fresh pineapple has bromelain which may minimize swelling.