



ASSOCIATED DERMATOLOGISTS

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INSTRUCTIONS FOR FILLER

Thank you for scheduling your procedure with us.

Cancellation Policy: Must cancel within 24 hours of your appointment time, and arrive 15 minutes before your scheduled procedure. Failure to comply will result in \$100 cancellation fee.

Prior to your filler appointment:

1. Do not drink alcohol for 24 hours
2. Discontinue all elective medications that may cause bleeding 7-10 days prior to treatment
Do not stop taking medications if they are ordered by a physician.
*Examples: Aspirin, NSAIDs (ibuprofen, Advil, Motrin, Alieve), vitamin E, fish oil, garlic, ginseng, ginko biloba
3. To help prevent bruising, try these herbal remedies 3 days prior to procedure, as well as a few days after. *(Available at health speciality stores: Vitamin World, Better Health World Market, Whole Foods, etc.)*
 - **Arnica Montana** (oral or topical) Oral- strength: 30x (4 tabs twice daily).
 - **Bromelain** (oral) 200-400 mg three times a day on an empty stomach (at least 90 minutes BEFORE or three hours after eating).
 - **Vitamin K cream** (topical).

If you have a history of herpes simplex (cold sores) have Valtrex on hand, let us know if you need a prescription. Take 1 gram the day of treatment, and 1 gram the next two days.

Suggestions for after filler:

1. Do not work out for the remainder of the day (can work out before appointment)
2. Do not massage the area
3. Expect some pain, redness, swelling, and possible itching and bruising
4. To help reduce swelling, apply ice to the area for 10 minute increments with 15 minute breaks between each icing, for the remainder of the day, as much as possible
5. Due to swelling and the product absorbing water you will not see your final outcome for up to two weeks post procedure
6. To prevent bruising, or help them resolve quicker try the herbal remedies recommended above
7. Avoid excessive heat - heating pad, sun, etc.

Call the office if any of the following develop: new redness, swelling, or pain after the initial 24 hours post procedure **OR** if at anytime you develop hives, rash, or skin discoloration.

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