



FILLER CARE

PRE-CARE FILLER

- To reduce your risk of bruising, try to avoid alcohol, oily vitamins (vitamin E, fish oil), and ibuprofen (Advil), 72 hours before your appointment. If you are prone to bruising, you can also try Arnica tablets 3 days before your appointment.
- Avoid any dental work 2 weeks before or 2 weeks after.
- If you get cold sores, recommend doing a prescription anti-viral before procedure.
- Let us know if you have had any immunizations within the past month

POST-CARE FILLER

- Avoid massaging the area for 2 weeks- can use light pressure when washing, drying face or applying topical creams
- Lay on back when sleeping for 2-3 days after
- Avoid facials for 2 weeks after injection
- Watch for signs of infection-redness, fever
- Do not smoke, vape, or use straws after lip filler to help avoid migration

