

Dermal Filler Care Instructions

Before Your Treatment

- 3-7 days before your treatment, avoid using aspirin, ibuprofen, fish oil, Vitamin E supplements, and other medications that may thin the blood and increase bruising. *See the complete list of blood-thinning medications to avoid on the last page.
- For Bellafill, 4 weeks prior to treatment, a skin allergy test should be performed to rule out any allergies to the collagen component of Bellafill.

Day of Treatment

- If treating your face, it's preferable to have all facial makeup removed prior to your appointment. Your provider will also cleanse the area being treated.
- It is recommended to have a meal/snack prior to your procedure.

After Your Treatment

- Cold compresses and/or Arnica gel may be used immediately after treatment to reduce swelling and/or bruising.
- 12-24 Hours after treatment, avoid applying makeup.
- 1-2 Days after treatment, avoid alcohol, exercise, ibuprofen, or pressure on the face.
- For 2 Days after treatment, avoid using a straw if lips were treated.
- 5 Days after treatment, try to sleep on your back to avoid possible manipulation to the treated area.
- It is normal to experience swelling, redness, bruising, and/or asymmetry after treatment. These may persist for up to 2 weeks following your injections.
- Allow 2 weeks for full results and for swelling to resolve. You will not know your treatment outcome until that time.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.

Medications/Supplements to Avoid Before your Procedure

The following is a partial list of some of the medications/supplements that are known to thin the blood and increase the risk of bleeding during or after surgery and other procedures. Please be aware that many 'over the counter' pain or allergy combinations that are not listed below may include one or more of the following medications and should also be avoided.

Ideally, you should stop taking the following medications 1 week prior to your treatment. Remember that Tylenol (acetaminophen) does not thin the blood and is safe to take.

Medications

Aspirin
Advil
Aleve
Diclofenac
Diflunisal
Empirin
Etodolac
Excedrin
Fenoprofen
Fiorinal
Flurbiprofen
Ibuprofen
Ketoprofen
Ketorolac
Motrin
Naproxen
Percodan
Robaxial
Soma compound
Sulindac
Tolmetin
Indomethacin

Supplements

Vitamin E (less than 100 IU/day is OK)
Asian Ginseng
Bromelain
Cayenne fruit
Chinese skullcap root
Dan Shen root
Feverfew
Garlic (dietary source is OK)
Ginger rhizome
Gingko biloba
Horse chestnut bark
Papain
Sweet clover plant
Sweet scented bedstraw plant
Sweet vernal grass
Tonka bean seeds
Vanilla leaf leaves
Woodruff plan