



Filler Pre/Post-Care Instructions

Pre-Care

- 2 Weeks Prior to Appointment:
 - Avoid any dental work (including cleanings), vaccinations and antibiotics.
- 7-10 Days Prior to Appointment:
 - STOP taking Vitamin E, fish oil, Ginkgo Biloba, Glucosamine, green tea, garlic, turmeric, and St. John's Wort as they can contribute to swelling and bruising.
- 5-7 Days Prior to Appointment:
 - Limit your alcohol, smoking, ibuprofen, and aspirin consumption to avoid excessive bruising. Tylenol is recommended as a substitute and can be taken as needed.
 - Arnica Montana should be started as it can help minimize swelling and bruising. Pineapple can also aid in recovery, swelling and bruising.
- Day of Appointment:
 - Please arrive 5-10 minutes before appointment time with a clean makeup free face.
- Please inform Emerge if:
 - Pregnant or breastfeeding.
 - Ill and need or have been put on antibiotics within the 2 weeks prior to your appointment.
 - Prone to cold sores and are receiving filler around mouth or lips and need an antiviral called in.

Post-Care

- Day 1:
 - Avoid vigorous contact with the treated area for 24 hours.
 - Arnica may be applied topically and/or taken orally immediately after treatment as directed.
 - NO strenuous exercise, alcoholic beverages, skin care products, or extensive heat and sun exposure.
 - Makeup is okay 12 hours post treatment.
- First Days:
 - Temporary bruising, swelling, and redness at injection sites is normal; sleeping with your head elevated may reduce excess swelling.

- Avoid vigorous contact with the treated area for 24 hours.
- Cold compresses and Tylenol may be used for any discomfort.
- Sunscreen SPF 30 or higher is recommended.
- Avoid extreme cold or heat for the first 2 days.
- Inform Emerge if:
 - Experiencing severe/worsening pain, increased redness or warmth in the treated area, bruising that continues to get darker rather than turning green/yellow, or have a fever above 100.4 F.