

Premier Wellness Center

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www.PremierWellnessAZ.com

Dermal Filler PRE-Treatment Bruise Minimizing Protocol:

Not everything on this list must be done in order to have a Dermal Filler treatment, however anything you can do on this list will help minimize the bruising that all persons should expect from Dermal Filler Treatments.

- The majority of reactions to dermal fillers are redness, swelling, and bruising. Redness and swelling usually subsides a few days after the treatment, but bruising can last up to two weeks. What you do in preparation for your filler treatment is key.
- **7-10 days prior to treatment, discontinue taking/ingesting blood thinners**, such as: Alcohol (especially red wine) Aspirin, Vitamin E, Ginko Biloba, Aleve, St. John's Wort, Garlic, Ibuprofen, Motrin, Tumeric, Flax, Chia, Fish Oils, Omega Vitamins, foods rich in Omegas, or anything that is known to thin your blood.
- If you are taking **prescription blood thinners**, such as Coumadin or Plavix, check with your prescribing doctor to see if you are able to stop these medications for 7-10 days prior to your appointment, until 2 days after the procedure has been completed.
- Take oral **Arnica Montana** (3 pellets three times per day) under the tongue for 3-7 days prior to treatment. It can be purchased at Premier Wellness Center or a natural foods store.
- If you have a history of **Herpes Simplex (cold sores)** on your face, inform Premier Wellness Center one week or more prior to your appointment so we can prescribe a medication to prevent an outbreak.
- If possible, arrive at your Dermal Filler appointment with a **clean, make-up-free face**. Please note that you will be numbing for the first part of your appointment, so bring a book or reading materials.
- Be sure to **eat a protein-rich meal or snack prior to your arrival**, which will help stabilize blood sugars and decrease the likelihood of dizziness during your treatment. Do not come with an empty stomach.
- Note that bruising and swelling will be at its worst for the first 24-48 hours after treatment. Please do not exercise during this time.
- Bruising/inflammation can take 2-3 weeks to completely resolve. Final results will be seen at 4 weeks.
- Please schedule a complimentary 2-week follow up appointment. We look forward to treating you!