

## Injectable Fillers

### Pre-Injection Instructions

The following are important treatment considerations for you to discuss with your physician. It is important for you to understand the pre-injection instructions to help avoid unsatisfactory results and complications.

- Patients who are using substances that can prolong bleeding may experience increased bruising or bleeding at injection site. You should inform your physician before treatment if you are using: Aspirin, Ibuprofen, Vitamin E, Fish Oil, Ginkgo, Green Tea, Garlic, Ginseng, St John's Wort, or Alcohol. You must avoid Aspirin and Aspirin containing products for 14 days before your procedure, and you must avoid NSAIDS (Ibuprofen, Motrin, Aleve, etc) and Supplements/Vitamins for 7 days prior to your treatment. Avoid alcohol 48 hours prior to treatment. If you are prescribed any of these medications by your physician you must consult with them prior to stopping any medication.
- To minimize bruising and swelling, we recommend Arnika Forte tablets to be taken one day before and up to 7 days after your procedure, in addition to a topical formula that can be administered to the injection site immediately following the treatment. An Arnika Forte kit (with tablets and topical) can be purchased in our office for \$40 plus tax. Bromelin, found naturally in pineapple and also at health food stores in supplements, may also help to speed healing.
- If a laser treatment, chemical peel, or any other procedure based on active dermal response is considered after an injectable filler treatment, there is a possible risk of an inflammatory reaction at the treatment site.
- Injectable fillers should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection.
- Injectable fillers cannot be done if you have had any dental procedures, including routine cleanings, within a week of your filler appointment. Furthermore, dental procedures should not be done for 2 weeks after filler.
- The safety of injectable fillers for use during pregnancy , breastfeeding,, or in patients under 18 years has not been established .

- The safety of injectable fillers in patients with a history of excessive scarring (eg, hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied.