

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

Pre/Post Procedure Instructions: **Dermal Fillers**

Your procedures will go more smoothly with faster healing time, less bruising, and better results if you adhere to some simple guidelines.

BEFORE PROCEDURE:

- Medications to discontinue 7 days before treatment to reduce bruising:
 - Aspirin*, fish oil, pain relievers (Tylenol okay), Coumadin (get primary physician approval first), Glucosamine, Ginkgo Biloba, Vitamin E, exotic or herbal supplements
 - *If you have been prescribed Aspirin, do not discontinue unless okayed by the prescribing physician.
- If you have a history of cold sores, ask us about pre-care instructions.
- Have water and a little something to eat before arriving. We suggest you not eat right after treatments around the mouth - letting the product “settle” a few hours will give you the best results.

AFTER PROCEDURE:

- No alcohol for 24 hours after treatment.
- No increased blood pressure (i.e. sauna, hot tub, exercise, cardio) for 4 hours post-treatment (helps prevent bruising).
- Avoid excessive facial expressions & strenuous exercise for 4 hours after your treatment. This helps the product “settle” without disturbing the location where it was injected.
- Do not rub or massage the area for 24 hours unless instructed to do so. Sculptra patients will receive specific instructions for massage.
- Redness and swelling may last for 1-2 days.
- There is a risk of bruising which is only temporary and can be covered up with makeup.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

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