

Pre Procedure Instructions for Fillers

- Please come into the office with a clean face.
- Arrive 45 min. prior to your scheduled appointment time if you are opting for topical anesthetic numbing cream.
- Discontinue any NSAIDS, aspirin, ibuprofen, fish oil, vitamin E, flaxseed oil, St. Johns Wort, ginger, garlic, feverfew, or turmeric 10 days prior to procedure.
- Do not stop any prescribed medications unless directed by your doctor.
- No alcohol for 24 hours prior to treatment.
- If you have a history of cold sores, let your provider know ahead of time as premedication is recommended. Treatment cannot be done if the patient has an active cold sore.
- Eat a good breakfast and lunch to decrease your chances of becoming lightheaded.
- You should schedule fillers at least 4 weeks prior to an event – bruising and swelling are common.
- You may take Arnica Montana starting 3-4 days prior to your procedure for optimal benefits to prevent bruising. If you take medications, you must clear Arnica with your provider prior to you taking it. *We recommend "Hylands" Arnica Montana 30x. *Arnica may interfere with anti-platelet /anti-coagulant drugs (blood thinners).*
- Auriderm vitamin K post-operative gel is suggested should bruising occur. May be purchased online.
- We recommend scheduling fillers a minimum of 4 weeks after any surgery, biopsy, Mohs or other cosmetic procedures.
- Wait at least 4 weeks after fillers for any dental work.
- Results vary from person to person and there is no guarantee that wrinkles and folds will disappear completely or that you will not require additional treatment to get the results you seek.
- A \$75.00 non-refundable deposit is required when scheduling the appointment.
- CT sales tax will be applied to charges. Any deposits made prior to the appointment (consultation fee or booking fee) will be applied as tender after tax is calculated.
- A mouth wash will be administered before the procedure begins. Notify the office prior to your appointment if you are allergic to shell fish.
- Bring a clean mask to wear after the procedure.