Dermal Filler *Pre-Care*

Getting ready for your filler

A little preparation helps reduce bruising and swelling so you can enjoy your results sooner.

Your *countdown*

When	What to do
2 weeks before	Schedule at least 2 weeks before any big event. Avoid dental work, including cleanings, and vaccines when you can, and again for 2 weeks after.
7 days before	If it is okay for you, pause ibuprofen, aspirin, fish oil, vitamin E, ginkgo and St. John's wort to reduce bruising. Tylenol is fine.
24 to 48 hours before	Skip alcohol.
Day of treatment	Eat a light meal and drink water. Arrive with clean skin if you can.

Lip *filler*

- If you have ever had cold sores, tell us before your visit. An antiviral may be prescribed. Take it exactly as directed.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have had a reaction to filler or lidocaine before
- You have recent or upcoming dental work or vaccines

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.