



MEDIWORKS

REJUVENATION CENTRE

Dermal fillers Pre Treatment Instructions

Pre-Treatment Instructions

- ❖ Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment.
- ❖ Avoid dental work (including standard teeth cleaning) at least 2 weeks prior to treatment and one month following treatment. Avoid oral surgery at least 4 weeks prior to treatment and one month following treatment.
- ❖ 7 DAYS BEFORE treatment (to prevent bruising): Avoid blood thinning over-the-counter medications such as Aspirin, Motrin, Ibuprofen, and Aleve. Also avoid herbal supplements, such as Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3 capsules. Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.
- ❖ 3 DAYS BEFORE treatment: Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any "anti-aging" products. Also avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- ❖ Do not drink alcoholic beverages 24 hours before (or after) your treatment to avoid extra bruising.
- ❖ Do not use Dermal Fillers if you are pregnant or breastfeeding, are allergic to any of its ingredients, or suffer from any neurological disorders. Please inform your provider if you have any questions about this prior to the treatment.

Day of Treatment

- ❖ Arrive to the office with a "clean face". Please do not wear makeup. You may bring your own makeup to apply after your treatment.
- ❖ To maximize your comfort during the procedure, a topical anesthetic may be applied. In some cases, a local numbing medication will be injected into or around the area(s) to be treated.
- ❖ You may experience a mild amount of tenderness or a stinging sensation following injection.
- ❖ To ensure a smooth and even correction, your provider may massage the area(s) treated, which may cause a temporary, minimal amount of redness to your skin.
- ❖ Arnica homeopathic granules &/or arnica gel are available for purchase after your treatment to help reduce swelling and bruising.