

**(530) 222-3678**

# Pre-Filler Instructions

1. **TWO WEEKS PRIOR:** Avoid dental work, including standard teeth cleaning. Please wait one month following treatment to have dental work done.

• Avoid oral surgery at least 4 weeks prior to treatment and one month following treatment.

2**. SEVEN DAYS BEFORE treatment (to prevent bruising):**

• Avoid blood thinning over-the-counter medications such as *Aspirin, Motrin (Ibuprofen),* and *Aleve (Naproxen).* Alcohol also acts as a blood thinner, increasing the risk of bruising

Also avoid herbal supplements, such as Garlic, Vitamin K, A, D, and E, Ginkgo Biloba, St. John’s Wort, and Omega-3 capsules. This list IS NOT all inclusive.

• **Please note:** If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin, Plavix, or any other blood thinners.

3. **FIVE DAYS BEFORE treatment:**  if you bruise or bleed easily, you may start over-the-counter oral Arnica. Arnica works by:

• Anti-Inflammatory effects: there are two main components in Arnica. 1) Helenalin, act as a strong anti-inflammatory, and 2) Thymol acts as a vasodilator, opening capillaries to prevent blood and other fluids from accumulating.

• Analgesic effects: via its anti-inflammatory benefits. After bruising, Arnica provides soothing pain relief via a gentle warming effect.

• Arnica can be purchased locally from Artistry Aesthetics, Orchard, Walmart, or on-line. It comes in pill, gel or cream forms. The topical application is best used AFTER bruising has occurred and it should be applied to the affected area 4-5 times per day.

4. **THREE DAYS BEFORE treatment:** Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or any “anti-aging” products.

• Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.

• Do not drink alcoholic beverages 48 hours before (or after) your treatment to avoid excessive bleeding or bruising.

5. **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 these instructions prior to treatment.

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