

# Joseph Banis, MD

AESTHETIC & RECONSTRUCTIVE SURGERY  
502-589-8000

## PREPARING FOR YOUR DERMAL FILLER INJECTIONS

- Avoid strenuous exercise the day of injections.
- Schedule injections so that they are not on the 3 days leading up to or on your menstrual cycle. These days you are more sensitive; prone to bleed and bruise more and increased swelling.
- Begin taking **Arnica Montana** pellets 7 days prior to your injections (*5 pellets beneath tongue 3 times daily*). **Fresh pineapple** is also beneficial in helping to prevent bruising. One cup of FRESH pineapple should be eaten once daily and started 7 days before treatment. Arnica Montana pellets can be picked up at the office prior to your appointment- just contact the office at 502-589-8000. Or can be given to you at the time of scheduling your appointment if you are in the office.
- If you have a history of Herpes and have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to a recurrence. Speak to your physician about medications that may minimize a recurrence.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- NO Aspirin, Fish Oil, Vitamin E, Ibuprofen or any other NSAIDs non-steroidal anti-inflammatory medications (i.e. Celebrex, Voltaren, Advil, Motrin, Mobic, Aleve, Vioxx or Relafen), St. John's Wort, Omega-3 and CoQ10 for at least **1 week before treatment**. These will increase your risk of bruising. **If you are taking blood thinners, please let your doctor/nurse know.**
- AVOID: Alcohol and caffeine 24 hours prior to treatment.

## LIP INJECTION TREATMENT - Numbing cream is required before treatment in addition to the Arnica Montana pellets. Numbing kits are available at the office for pick up.

- Prior to your Lip filler treatment, you will need pick up a numbing kit. Enclosed in your numbing kit is a small container of BLT cream. This cream consists of Benzocaine, Lidocaine, and Tetracaine.
- (Allergy Alert – If you are allergic to any of the “caine” drugs, please let a provider know. If you have a heart or blood pressure diagnosis, please notify the staff at the office prior to applying any topical numbing).
- For Lip Filler treatment: **apply numbing cream to lip and out lip area 45-60 Minutes Before Treatment**
- Thoroughly cleanse the area that will be treated. Then, remove any oils from the skin using a quick swipe of alcohol. This will increase the absorption of the product.
- Put the glove on and remove the cream from the jar. Gently massage the cream only over lips and around mouth. Do not apply the product to the entire face.
- You do not need to thick layer for the numbing cream to be effective.
- You should not have any dental work 2 weeks prior or 2 weeks post lip injection.

## POST TREATMENT CARE

- Continue taking the Arnica tablets for 5 more days or as long as needed for bruising and/or swelling.
- After your treatment, you might have some redness and swelling. This will normally last 24-48 hours. Please note that such effects can occur and are not out of the ordinary for such a treatment.
- Cold compresses may be used immediately after treatment to reduce swelling. If other reactions or side effects occur, please contact our office.
- Avoid touching the treated area within six hours following treatment. After that, the area can be gently washed. Avoid significant movement or massage to the area for 48 hours unless directed by your doctor/nurse