

Preparing for Dermal Filler Injections

Numbing Instructions

Enclosed in your bag is a small container of numbing cream. This cream consists of Benzocaine, Lidocaine, and Tetracaine. **** (ALLERGY ALERT** – If you are allergic to any of the “caine” drugs, please let your provider know. If you have a heart or blood pressure diagnosis, please notify office staff prior to applying any topical numbing). ******

PLEASE FOLLOW THE PROPER PROTOCOL FOR YOUR TREATMENT

INJECTABLES: 60 Minutes Before Treatment

Thoroughly cleanse the area that will be treated. Remove any oils from the skin with a quick swipe of alcohol. This will increase the absorption of the product.

Use glove to apply the cream from the jar. Gently massage the cream over the treatment area ONLY. Do not apply the product to the entire face. You do **NOT** have to apply a THICK layer for the cream to be effective.

PREPARING FOR YOUR 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. During this time, you are more sensitive, prone to bleeding, more likely to bruise and have an increase in swelling.
- Begin **Arnica Montana** pellets 7 days prior to your injections (*5 pellets dissolved under your tongue 3 times daily*). Eating **fresh pineapple** is also beneficial in helping reduce bruising. One cup of **FRESH** pineapple should be eaten once daily starting 7 days before treatment.
- 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 AIR TRAVEL 24 HOURS POST TREATMENT**
- 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.

Post Treatment Instructions:

- 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.
- Avoid exercise and alcohol for six hours after treatment.

Remember: You must start numbing 1 HOUR before your treatment for the cream to be effective. Failure to do this will result in unnecessary discomfort during your treatment or cancellation of your appointment. If you have questions or concerns, please call us at **502-589-8000.**