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F A C I A L P L A S T I C S

Dermal Filler Pre-Treatment Instructions:

- Do not consume alcoholic beverages 24-48 hours prior to your dermal filler appointment. Alcohol may thin the blood and increase the risk of bruising.
- Avoid anti-inflammatory/blood thinning agents if possible, for a period of 2 weeks before your appointment. Medications and supplements that should be avoided are aspirin, ibuprofen, Motrin, Aleve, Excedrin, any other NSAIDS, along with Fish oil supplements and vitamin E. These have a blood thinning effect and can increase the risk of bruising and swelling after injections. Try and just take Tylenol for any headaches or body aches in those 2 weeks before your appointment.
- To help reduce the chance for bruising and swelling you may start taking an herbal supplement such as Bromelain starting a week before your appointment. This can usually be found in most drug stores. You can also purchase Arnica tablets to take after the injections which will also help decrease your chance of bruising or help to dissolve bruising quicker.
- Schedule your dermal filler appointment at least 2 weeks prior to any special events such as weddings, birthdays, vacations, etc.
- Reschedule your appointment at least 24 hours in advance if you have a cold, flu, infection, rash or cold sore in the area.
- If you are breastfeeding or pregnant you are not a candidate for dermal fillers.