

Pre and Post Care Instructions

PRE-CARE

- Please plan your treatment to allow for several days of potential swelling and bruising.
- If you have an active cold sore/fever blister, canker sore, shingles you will need to postpone treatment. If you are prone to developing cold sores/fever blisters or shingles, please contact us 1 week before treatment for recommendations.
- No Vycross fillers (Voluma, Vollure, Volbella) to be done within 2 weeks of any dental work of dental cleaning.
- If you've started any antibiotics or other medications since your initial visit, please let us know.
- Avoiding Advil, Ibuprofen, Aleve, Aspirin, Motrin, Vitamin E, fish oil, St. John's Wort, and other non-steroidal anti-inflammatory products 5 days prior to treatment to decrease your risk of bruising. Do not stop taking any medications that have been prescribed to you without first discussing with your prescribing medical provider.
- Do inform your clinician of all medical conditions, medications you are taking, skin disorders, allergies, history of anaphylaxis, and any other medical problems.
- Avoid drinking alcoholic beverages 48 hours before treatment to reduce risk of bruising.
- To reduce the risk of bruising, consider taking over the counter Arnica supplements if not contraindicated with your current medication regimen (available online, at most supplement stores, at [Clinic Name], Whole Foods, etc). Start taking oral Arnica 7-10 days before treatment. Take as directed on the bottle.
- Take an antihistamine (Claritin, Zyrtec or Loratadine) 3 days prior to treatment. This will help reduce swelling.
- Women who are pregnant or breastfeeding cannot be treated.
- Patients actively undergoing chemo or radiation treatment cannot be treated. Patient must be in remission 12 months to be treated.
- Tylenol will not increase the chance of bruising and is preferred for the week prior to treatment. To help with possible discomfort, you may take acetaminophen (i.e., Tylenol) one hour prior to your scheduled appointment. Do not take more than 3000mg of acetaminophen/Tylenol in a 24-hour period.

POST-CARE

- Lips may be swollen for several days (up to 2 weeks) following your lip filler treatment. Swelling may increase during the first 24 hours. Applying ice packs gently to the lips for no more than 30 seconds at a time throughout the first 1-2 days can help with swelling. Do not over-ice.
- Do consider taking over the counter Arnica supplements if not contraindicated with your current medication regimen (available online, at most supplement stores, Whole Foods, etc) to help reduce the risk of bruising, start taking oral Arnica 7-10 days before treatment. Continue taking after treatment until bruising and/or swelling has subsided. Take as directed on the bottle.
- Take an antihistamine (Claritin, Zyrtec or Loratadine) 3 days prior to treatment. Continue taking after treatment until swelling has subsided. This will help reduce swelling.
- Avoid exercise for 48 hours following treatment as it may increase swelling.
- Bruising may also occur in or around the lips. Bruises may not be visible but may feel like small lumps within the lips. This is common in the first two weeks and even up to 6 weeks. Lips may temporarily appear uneven because of this.
- Starting on day 3, a slightly firm massage of the lips with clean fingertips will help bruises to break down or absorb and will promote a smooth result. Massage with fingertips several times daily for the first 2 weeks.
- Keep lips well moisturized in the coming days with a non-medicated moisturizer like Vaseline. Lipstick/makeup may be applied the following day if desired.
- Maintain a healthy diet and drink at least 64 oz. of water the day before and the day of the treatment. It is important to be well hydrated, as you will be giving blood. - After the treatment, your skin will be slightly pink and feel slightly sunburned. For most people, your skin will completely recover in 24-72 hours. Your body's collagen production usually takes about 4-8 weeks, so you will continue to see improvements over this time.
- No makeup to area of treatment for at least 24 hours post microneedling with PRP.
- Apply CeraVe moisturizer to area of treatment daily following treatment. (for PRP Microneedling treatment only)