



Pre/Post-Instructions for Skin Injections

Pre-Instructions:

- We want your treatment to be a timely and efficient experience, so we ask that you arrive **makeup free** on the day of your appointment (makeup can increase your risk of infection).
- Skin fillers often result in some swelling/bruising at the injection site(s) for up to 7-14 days. In a small percentage of patients, bruising can be unpredictable and significant.
- To help minimize swelling, 14 days prior to the injections you should avoid:
 - Aspirin (only if OK with your Primary Care Physician).
 - Ibuprofen-derivatives (Advil, Aleve, Naproxen and other NSAIDS).
 - Many vitamin supplements, including but not limited to:
 - Glucosamine/Chondroitin
 - Kava kava
 - Ginger
 - Turmeric (alpha)
 - Ginseng
 - Fish Oil
 - Ginkgo biloba
 - St John's wart
 - Garlic
 - Vitamin E
 - Green Tea
 - CO Q-10
- To reduce bruising: Apply Alastin Inhance Injection Serum twice a day to the treatment area 1 week before and continue 1 weeks after (**available for purchase here**).
- Start VitaMedica Arnica pills 1 day prior to reduce swelling and bruising and continue until there is no bruising (**available for purchase here**).
- Start eating as much pineapple as you can 1 week prior to treatment to reduce bruising.
- One day prior to your visit, avoid alcohol (as this can also thin your blood and cause swelling).
- Have 2 ice packs on hand at home. This way one can freeze while using the other.
- Photos will be taken prior to your procedure.
- Depending on time of procedure, please eat a hearty breakfast or lunch.

Post-Instructions:

- Immediately after the treatment, the most commonly reported side effects are temporary redness, swelling at the injection site, and bruising
- These effects typically resolve within two to three days.
- To help minimize swelling, we recommend that you apply ice 20 minutes on/20 minutes off until bedtime and continue for 2-3 days as needed.
- **It is best to make sure that you do not have any important social events for 7 days after your visit in case you have more significant bruising or swelling.**
- Continue to avoid aspirin, Ibuprofen-type medication, and the above vitamin supplements for 1 day post-procedure.
- Avoid touching or manipulating the treated area within 6 hours following treatment.
- After 6 hours the area can be gently washed with soap and water.
- Do not use makeup on the treated area until the day following your treatment.
- If you have previously suffered from facial cold sores, there is a risk that the needle punctures could contribute to another recurrence. Please, speak to Dr. Callahan about the medications that may minimize the risk of recurrence.

If you have any further questions, please call 941-308-7546.