

# DERMAL FILLERS

## PRE & POST-TREATMENT CHECKLISTS

### PRE-TREATMENT CHECKLIST

- For one week prior to treatment for all injectables, the patient should avoid taking;
  - St. John's wart
  - High doses of vitamin E supplements
  - Aspirin
  - Non-steroidal anti-inflammatory medication (ex: Advil, Motrin)

These agents may increase bruising and/or bleeding at the injection site.

### POST-TREATMENT CHECKLIST

- Cold compresses (a cloth dipped in cold water, wrung out, and applied to the injected area) or ice pack may be used immediately after treatment to reduce swelling.
- Avoid touching the treated area within six hours following treatment so you do not accidentally injure your skin. After that, the area can be gently washed with soap and water
- Until there is no redness or swelling, avoid exposure of the treated area to intense heat (sun lamp or sun bathing) or extreme cold weather for 24 hours
- Makeup may be applied at physicians discretion
- If the patient has suffered previously from facial cold sores, there is a risk that the needle puncture could contribute to another occurrence
- Avoid taking aspirin, non-steroidal anti-inflammatory medications, St. John's Wart, and high doses of Vitamin E supplements for one week after treatment. These agents may increase bruising and bleeding at the injection site
- Discuss with your physician the patient recommendations for follow-up appointments

I have read and understand my pre and post care instructions.

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Patient Signature

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Date