

## 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.**