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INJECTABLE DERMAL FILLERS PRE-TREATMENT INSTRUCTIONS

In an ideal situation it is prudent to follow some simple guidelines before treatment that can make all the difference between a fair result or great result, by reducing some possible side effects associated with the injections. We realize this is not always possible; however, **minimizing these risks is always desirable.**

- **Avoid Alcoholic beverages** at least 24 hours prior to treatment. Alcohol may thin the blood **increasing risk of bruising.**
- **Avoid Anti-inflammatory / Blood Thinning medications** ideally, for a period of **two (2) weeks before** treatment. Medications and supplements such as **Aspirin**, Warfarin, **Vitamin E**, Ginkgo Biloba, St. John's Wort, **Ibuprofen**, **Naproxen**, Vioxx, and other **NSAIDs** are all blood thinning and can **increase the risk of bruising/swelling** after injections.
- **Schedule your injection appointment** at least 2 weeks prior to a **special event** (i.e., wedding, vacation). Bruising and swelling is always a possibility with injections, so allow yourself enough time between your injection and your special event for bruising or swelling to heal if it occurs.
- **Schedule your injection at a time** when minor swelling or bruising will **not disrupt your social obligations.**

Any questions or concerns, please contact Victoria at (518) 223-8797