



MANHATTAN DERMATOLOGY

COSMETIC FILLER INSTRUCTIONS

PRE-FILLER INSTRUCTIONS

- STOP using aspirin, Motrin, ibuprofen, vitamin E, ginkgo biloba, fish oil, green tea, St John's wort, or other anti-inflammatory medications, if okay with your physician. These medications should be discontinued **1-2 weeks prior to the procedure**, as they increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- DO NOT drink alcoholic beverages **24 hours before your treatment**.
- Expect that you may have some bruising and swelling after the procedure. Over the counter Arnica supplements (available at any supplement store, Whole Foods, etc. — or you can purchase in our office) have been shown to decrease bruising. To maximize the benefits from Arnica, please start taking **3 days prior to your treatment**.
- Inform the nurse or physician if you have a history of medication allergies, history of anaphylaxis and any other medical conditions.
- It is best to schedule your treatment at least 1 month prior to an important event, to ensure you are fully recovered.

POST-FILLER CARE

- You may apply cool compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.
- Expect treated areas to be red, slightly swollen, a bit tender, and maybe bruised for the first 2-5 days.
- You may take acetaminophen (e.g., Tylenol) if you experience any mild tenderness or discomfort.
- Massage the treatment areas only if instructed to do so. For example, for Sculptra, follow the 5-5-5 rule: Massage 5 minutes, 5 times a day, for 5 days.
- AVOID strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities and routines immediately.
- AVOID hot showers or saunas for 6 hours after treatment as they can worsen bruising.
- You may continue taking Arnica supplements, apply topical Arnica gel, or try eating fresh pineapple and/or take Bromelain supplements as these may help alleviate bruising.
- Bruising may be covered with make up.
- Try to wait 1-2 weeks before receiving any facial or massage treatments.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 546-1188.