



Shining Way Esthetics

Dermal Filler Pre-Treatment Instructions

Juvederm Ultra, Juvederm Ultra Plus, Juvederm Voluma, Restylane, Restylane Lyft, Restylane Silk, Radiesse, Belotero, Sculptra Aesthetic

- For one week before treatment, please avoid the following medications that may increase the risk of bleeding and/or bruising: Bayer, aspirin, Advil, Motrin, Ibuprofen, Aleve, Naprosyn, Excedrin (all OTC analgesics **except Tylenol**), Vitamin E, Vitamin A (Retin A, Renova, Tretinoin, Tazorac, Differin, Triluma), Gingko Biloba, St. Johns' Wort, Omega-3 fatty acids, cod liver oil, CoQ10, garlic, and ginger.
- If you are taking any blood-thinning medications as per practitioner's orders (such as Coumadin, Warfarin, Plavix, Lovenox), do not discontinue without first consulting the prescribing practitioner. If you continue to take these medications the chances of developing an injection-related hematoma (blood clot) which can leave a dark spot if it becomes entrapped in the filler implant is higher. The dark spot may remain until the filler is naturally dissolved.
- Do not drink any alcohol 48-72 hours before treatment as this may also increase the risk of bleeding and/or bruising.
- Do not schedule any social events for the next 7-10 days as you may have bruising and/or swelling lasting this long or longer. You can cover up bruising with makeup.
- Arrive for your appointment wearing no makeup if possible. You will be able to apply makeup after your treatment although we recommend waiting at least 24 hrs.
- Begin taking Arnica pellets. This is a sublingual homeopathic pellet that will be placed under the tongue to dissolve naturally. Dissolve 5 pellets under the tongue 3 times per day beginning one week before your procedure.
- Consume fresh pineapple. Pineapple contains bromelain which helps with blood coagulation.