



PRE-CARE INSTRUCTIONS DERMAL FILLER INJECTIONS

PRE TREATMENT

PLEASE DO NOT WEAR MAKEUP TO YOUR APPOINTMENT

- Attend 'Fresh Faced' if possible
- When having dermal fillers it is essential to have clean skin
 - Contamination with makeup can cause infection
 - Wearing makeup prohibits taking good accurate BEFORE photos and impedes on our appointment time
 - My consultation process is important so the less time we have to clean the makeup off the more time we have to discuss our plan and do a great treatment!

PLEASE AVOID LEADING UP TO YOUR TREATMENT TO PREVENT BRUISING

- Alcohol 48 hours before/after your treatment
- Avoid anti-inflammatories and NSAID's 10 days before your treatment. These include:
 - Ibuprofen
 - Aspirin
 - Fish oil/krill oil
 - Evening primrose oil
 - St Johns Wort
 - Glucosamine
 - Garlic
 - Green Tea
 - Vit E
 - Flaxseed Oil
 - Ginkgo biloba
 - Chia Seeds
 - Ginseng
 - Tumeric

SUPPLEMENTS TO BE CONSIDERED TO REDUCE BRUISING

Bromelian

Bromelain is a digestive enzyme derived from the stem and fruit of pineapples. It can be taken for a short time to promote healing. It can reduce minor swelling and bruising. It may promote faster reabsorption of a collection of blood that causes bruising and swelling (haematoma).

- Bromelian supplements can be taken prior to and post treatment (please check you don't have contraindications for this supplement)

Arnica

Arnica, is a plant which produces yellow-orange daisy-like flowers. It is believed that the arnica plant has anti-inflammatory properties.

- Arnica supplements can be taken prior to and post treatment
- Arnica topical cream can be used post treatment on the affected area

NB: If you are on blood thinners for cardiac reasons please check with your medical practitioner before stopping these

PLEASE DO leave 2 weeks prior to any international or rural travel

PLEASE DO cancel if you are unwell, including coughs and colds and if you are on antibiotics

PLEASE DO reschedule if you are developing a cold sore

PLEASE BE COURTEOUS AND GIVE 48 HOURS NOTICE PRIOR TO CANCELATION OR A \$50 DEPOSIT WILL BE DEDUCTED AND WILL NOT BE REFUNDED