

ALI'I NANI AESTHETIC MEDICINE

www.AliiNani.com

808.674.4300

FILLERS PRE-TREATMENT & POST-TREATMENT INSTRUCTIONS

Pre-Treatment:

1. Avoid anti-inflammatories like ibuprofen (Motrin, Advil, Aleve), aspirin, fish oil, Vitamin E, flax seed oil, cod liver oil or ginkgo biloba one week before your treatment to prevent possibility of bruising.
2. Don't consume any alcoholic beverages 24 hours before the treatment.
3. If you have history of cold sores or fever blisters in the treatment area, advise Dr. Reed so you will be prescribed with antiviral which you should start on the day or the day before your treatment and take it for the next 3-5 days.
4. Avoid chemical peels or laser treatments at least one week before your appointment
5. Schedule your Filler appointment at least 2 weeks prior to a special event you are planning to attend as bruising or swelling maybe present for few days post-treatment.
6. Hydrate with water and have a good breakfast to reduce chances of lightheadedness during your treatment.
7. If you are a new patient, come to your appointment 15 minutes prior to allow time for filling out intake and consent forms.

Post-Treatment:

1. Optional: you can take Arnica Montana (available at health food stores, sold in either topical or oral formulation) to help reduce bruising. Begin 1-2 days before treatment and continue for the next 2 days. If there is bruising, continue to take it for quicker resolution.
2. Avoid significant movement or massage of the treated area for 24 hours.
3. Sleep with your head elevated for few nights to reduce swelling.
4. Avoid strenuous exercise and extensive sun exposure or heat for 24 hours.
5. If you develop swelling, apply cool compress for 15 minutes each hour.
6. Use Tylenol for discomfort.

If you have any questions, call our clinic at (808) 674-4300. Outside clinic hours, email aliinani@hotmail.com. For extremely urgent matters outside clinic hours, call Dr. Reed's hotline (201) 472-3635