



Fillers

Pre- & post treatment check list

Pre- treatment checklist

In the week before receiving fillers please **avoid** the following due to the fact that they may increase your bleeding time and accentuate bruising:

- Painkillers
- Disprin (1 week before, 1 week after)
- Anti-inflammatories (Voltaren, Cataflam, Mobic, Brufen, etc)
- Vitamin E, Vitamin C, Omega 3 & 6, Ethamol G
- St Johns Wort
- Alcohol (especially red wine)
- Arnica, Ginseng, Guarana
- Prozac

Certain foods may reduce clotting ability and increase bruising:

- Grapefruit
- Dark chocolate
- Beer (espec. Dark beer)
- Blue berries
- Garlic, onions
- Red / purple grape products (red wine, raisins, grape juice)
- Fish oil

Please note that any INFECTION (especially Herpes Simplex/cold sores) or INFLAMMATION of the skin is an absolute contra-indication for the procedure.

There should be a month interval between Fraxel/Thulium/Ulthera and fillers to avoid inflammatory change around filler substance. Please discuss timing with us.

Please contact us 1-2 days in advance if any doubt as to the above mentioned conditions exist so that we may reschedule procedure.

Post- treatment checklist

In the two hours following treatment of especially the lip area, avoid hot beverages, pressure, or hard kissing.

Also do not expose yourself to temperatures under 0°C, strong sun or heat (UV, sauna, Turkish baths, etc) for at least 2 weeks and for long periods of time as this might decompose fillers.