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PATIENT BEFORE-AND-AFTER TREATMENT INSTRUCTIONS FOR DERMAL FILLER

These recommendations for a few simple pre- and post-procedure guidelines can make the difference between a good result and a fantastic one.

PRE-TREATMENT INSTRUCTIONS

1. One week before, exclude: aspirin (Advil, Aleve, etc.), ginkgo biloba, garlic, flax oil, cod liver oil vitamin A, vitamin E and any other essential fatty acids.
2. Avoid Chemical Peels and Laser Treatment 1 –2 weeks prior to Dermal Filler Treatment.

POST-TREATMENT INSTRUCTIONS

Immediately after your procedure and for 24 hours you should avoid the following:

1. Strenuous exercise
2. Sun exposure/heat exposure/tanning beds
3. Alcoholic beverages
4. Massaging/pressing treated areas
5. Extreme cold temperatures

48 hours after your procedure you may begin taking ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.

If Laser Treatment, Chemical Peel or any other procedure is considered after Dermal Filler Treatment, the risk of eliciting an inflammatory process may be possible. Consider such treatments 1 week before or after Dermal Filler.