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INSTRUCTIONS FOR JUVEDERM, RADIESSE, RESTYLANE, BELOTERO, VOLUMA, AND ALL
FILLER PATIENTS

- Always bring the tube of numbing cream that you were prescribed with you to the office and notify the receptionist that it needs to be applied when you arrive. Please arrive 30 minutes prior to your scheduled appointment.
- Please notify the nurse of physician if you are on any blood thinners (like Coumadin and aspirin therapy) or if you are prone to cold sores or fever blisters.
- Do not schedule any dental treatments within 1 week post treatment.
- Do not schedule anything important after your appointment. For the best results, it is better if you and the doctor are not rushed.
- Eat a light meal before your appointment.
- To minimize bruising, you can take Arnica Forte (arnica and bromelaine) 2 pills the day before the procedure, the day of, and the day after the procedure. If you bruise, apply warm compresses to the bruise 3 times a day along with vitamin K cream.
- Avoid exercise the day of the procedure.
- It is best not to schedule travel/ flights within 24 hours of the procedure, as is can aggravate bruising.

AVOID THE FOLLOWING 1 WEEK PRIOR TO PROCEDURE

- ASPRIN/ BABY ASPRIN
- MOTRIN/ADVIL (IBUPROFEN)
- ALEVE (NAPROSYN)
- VITAMIN E
- ST. JOHN'S WART
- CINNAMON
- FISH OIL
- ALCOHOL