



ROBINSON FACIAL PLASTIC SURGERY

Burke Robinson M.D.

COSMETIC INJECTABLE PRE & POST CARE INSTRUCTIONS

PRE-FILLER INSTRUCTIONS

- **STOP** taking Motrin, Ibuprofen, Alleve or other anti-inflammatory medications; as well as, Vitamin E, Ginkgo Biloba, Fish Oil, Green Tea, St John's Wort (1-2) weeks prior to the procedure. The same is true for Aspirin, but if recommended by your physician for medical reasons (e.g. heart attack or stroke prevention) first check with them prior to stopping it. All of the above are well documented to increase the risk of bruising. For mild discomfort or headaches, Tylenol is preferred.
- **DO NOT** drink alcoholic beverages 24 hours before your treatment.
- Expect that you may have some bruising and swelling after the procedure. Over the counter Arnica or SinEcch supplements (available at any supplement store, Whole Foods, etc.) have been shown to decrease bruising. To receive the benefits from Arnica please start taking (3) days prior to your treatment.
- Inform Dr. Robinson, Michelle, or the Medical Assistant, if you have a history of medication allergies, history of anaphylaxis and any other medical conditions.
- Make sure to schedule your treatment at least (2) weeks prior to an important event, to ensure you are fully recovered.

POST-FILLER INSTRUCTIONS

- It is normal to feel a “firmness” in your treated area(s) for the first few days after treatment. This may depend upon the area(s) treated and product(s) used. Over time, the area(s) will soften and “settle”, leaving you with a soft, natural looking result.
- Apply a cool compress to the areas treated (avoid pressure) as this helps reduce swelling and the potential for bruising.
- Expect treated areas to be red, slightly swollen, and bruised, for the first (2-5) days.
- You may take acetaminophen (e.g., Tylenol) if you experience any mild tenderness or discomfort.
- Massage the treatment areas only if instructed to do so. For example, for Sculptra, follow the 5-5-5 rule: Massage 5 minutes, 5 times a day, for 5 days.
- **DO NOT** drink alcoholic beverages 24 hours before your treatment.
- **AVOID** strenuous exercise or activity for the remainder of the treatment day. You may resume other normal activities and routines immediately.
- **AVOID** hot showers or saunas for (6) hours after treatment as they can worsen bruising.
- You may continue taking Arnica supplements or apply topical Arnica gel as these may help alleviate bruising.
- Bruising may be covered with make-up.
- **AVOID** the previously mentioned herbs and supplements for (1) week as they may increase your potential to bruise. The same is true for Aspirin, Ibuprofen, and Alleve if agreed upon by your prescribing doctor of these medications.
- Wait a minimum of (2) weeks before receiving any facial or massage treatments.

*If you have any questions or concerns, or experience an unexpected reaction,
please call our office immediately at 770-667-3090.*

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