



# DERMAL FILLER

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- Women who are pregnant/nursing should not be treated with filler.
- Avoid alcohol and blood thinning medications for 48 hours prior to treatment (i.e., Ibuprofen, Advil, Aleve, Excedrin, fish oil, vitamin E).
- You may take Arnica tablets 2-3 days prior to treatment to reduce the risk of bruising.
- No dental work 2 weeks before/after your treatment.
- No vaccinations 2 weeks before/after your treatment.
- If you are on prescription antibiotics or steroids, you must wait 2 weeks after the completion of your treatment.
- Stay hydrated and well-nourished prior to treatment.

### POST-TREATMENT CARE:

- The treatment area will likely feel sensitive, tender, and swollen for up to 2 weeks. If you experience excessive pain, discomfort, or swelling please contact RENU Aesthetics immediately so we can assess you.
- Watch for unusual bruising or blanching around treated areas.
- The lidocaine anesthetic may leave you feeling numb in the treated area, this should resolve within one hour.
- Do not massage/manipulate any area that was treated, unless instructed to do so by your RENU provider.
- Avoid alcohol and blood thinning medications for 48 hours post treatment (i.e., Ibuprofen, Advil, Aleve, Excedrin, fish oil, vitamin E).
- Take Tylenol if tender.
- Take Arnica tablets or apply Arnica gel to assist with healing & bruising.
- Take an antihistamine (Zyrtec, Claritin) to help minimize swelling.
- Apply ice/cool compress to reduce swelling/tenderness.
- Avoid strenuous exercise and heat (steam/sauna) for 48 hours.
- Sleep on your back with head elevated for 2 nights post treatment.
- Do not apply makeup over injection points for 24 hours.
- Schedule a 2-week follow-up appointment.

**If you have any questions before or after your treatment, email us at [info@renuaesthetic.com](mailto:info@renuaesthetic.com) or call/text us at 541-218-3370. Thank you for choosing RENU Aesthetics!**