



Before Your Filler Treatment

I want to thank you for the trust and confidence you place in me and my team to perform your aesthetic treatments. As you know, bruising can occur with any injection, but following these simple steps can help lower the risk of bruising:

Please discontinue the following at least 7 days before treatment.

- Herbal supplements, including St. Johns wort, ginkgo biloba, glucosamine
- Vitamin E
- Ibuprofen (Advil, Motrin)
- Naproxen (Aleve)
- Aspirin (please check with your primary care physician)
- Omega-3 and fish oil
- Avoid alcohol 24 hours before treatment

Other measures that can lower the risk of bruising and swelling include:

- Eat pineapple 3 days prior treatment or take bromelain (pineapple extract) as directed on the product label
- *Arnica montana* supplements starting 5 days prior treatment; place 5 pellets under the tongue 3 times daily
- Both of these can be found at Whole Foods, HEB, Central Market and GNC

Please come to your appointment without makeup. If you cannot do so, please be prepared to remove your makeup once you arrive. This is for your safety and to reduce the risk of skin infections. Please bring your makeup in case you would like to reapply after treatment.

If you experience a bruise, we are pleased to offer laser treatment as a courtesy. Please call 210.692.3000 (La Casita) or 210.370.9995 (Hardy Oak) to schedule an appointment.

Thank you for your cooperation in partnering with me to optimize your treatment experience -