

## Filler

### Pre-Care:

1. **Consultation:** Schedule a consultation with a qualified and experienced healthcare provider who specializes in dermal filler injections. Discuss your goals, expectations, and any concerns during this consultation.
2. **Medical History:** Provide your provider with a complete medical history, including any medications, supplements, or medical conditions you have. Mention any allergies or previous reactions to fillers or similar products.
3. **Discuss Expectations:** Have a thorough discussion with your provider about your desired results, the type of filler being used, and any potential side effects or risks associated with the treatment.
4. **Avoid Alcohol and Blood Thinners:** Avoid consuming alcohol for at least 24 hours before your filler treatment, as it can increase the risk of bruising. Additionally, refrain from taking medications and supplements that can thin the blood, such as aspirin, ibuprofen, fish oil, and vitamin E, for about a week before the procedure.
5. **Stay Hydrated:** Drink plenty of water in the days leading up to the procedure to keep your skin well-hydrated.
6. **Plan for Recovery:** Schedule your filler appointment at a time when you can allow for some downtime afterward, as there may be swelling or bruising.

### Post-Care:

1. **Follow Provider's Instructions:** Adhere to the specific post-care instructions provided by your healthcare provider, as they may customize recommendations based on your treatment and individual needs.
2. **Avoid Touching or Rubbing:** Refrain from touching or rubbing the treated area for several hours after the procedure to prevent infection or displacement of the filler.
3. **Stay Upright:** Avoid lying down flat for at least four hours post-treatment. This helps ensure that the filler settles correctly.
4. **Ice Packs:** Apply ice packs to the treated area to reduce swelling and bruising. Use a clean cloth or barrier between the ice and your skin to prevent frostbite.
5. **Avoid Alcohol:** Refrain from consuming alcohol for at least 24 hours after the treatment, as it can increase the risk of bruising and swelling.
6. **No Strenuous Exercise:** Avoid strenuous physical activities for the first 24 to 48 hours after the procedure to minimize the risk of swelling and bruising.
7. **Gentle Cleansing:** Use a mild, non-abrasive cleanser to wash your face. Avoid hot water and harsh exfoliants for the first few days post-treatment.
8. **No Makeup Application:** Avoid wearing makeup for at least 24 hours after the treatment, or as advised by your provider. This includes any lip products that are not brand new to ensure there is no spread of bacteria.
9. **Follow-Up Appointments:** Attend any follow-up appointments recommended by your provider to assess the results and discuss any touch-up treatments if needed.
10. **Be Patient:** Swelling and bruising are common after dermal filler treatments but usually subside within a few days. The final results may take a few weeks to become fully visible.