



YOUTHFUL YOU

A E S T H E T I C S & A C A D E M Y

DERMAL FILLER

Pre-Treatment Guidelines

- **Avoid Blood Thinners:** Discontinue the use of aspirin, NSAIDs (such as ibuprofen), and supplements including fish oil, vitamin E, ginkgo biloba, ginseng, or omega-3 at least 7 days prior to treatment unless prescribed by a licensed healthcare provider. Failure to follow these instructions may increase the risk of bruising.
- **Avoid Alcohol:** Do not consume alcohol for at least 24 hours before treatment. Alcohol increases the risk of bruising and should be avoided to reduce complications.
- **No Dental Procedures:** Refrain from undergoing any dental work, including cleanings, for 2 weeks before and 2 weeks after your filler treatment. This is to avoid infection or filler migration.
- **Hydration:** Ensure you are well-hydrated by drinking plenty of water before your appointment. Proper hydration is essential for optimal skin condition.
- **Disclosure of Medical Conditions:** It is your responsibility to disclose any medical conditions, medications, or history of cold sores (herpes simplex virus) to your provider before treatment. Failure to disclose such information may lead to complications.
- **Schedule Accordingly:** Plan your treatment at least 2 weeks prior to any important events to allow sufficient time for any swelling or bruising to subside.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

call or text: (587) 855-4558

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