

3 -14 Days Before Procedure



Avoid

- Aspirin
- St Johns Wort
- Omega 3 or Fish Oil Supplements
- High Dose Vitamin E
- Anti Inflammatory such as Ibuprofen

***Always consult your GP if Aspirin is Prescribed**

Begin

- Arnica Montana Tablets (7 days before)
- Eating Pineapple which contains Bromelain which helps the body to clear metabolic waste & heal faster
- If you have a history of cold sores use Zovirax cream 3 days before lip filler AM & PM, if you are given a prescription for Antiviral tablets these need to be taken in the 5 days before treatment

***Always check with your GP or Medical Specialist if you are taking prescribed medicine before commencing any herbal treatment.**

2 Days Before Procedure



Avoid Alcohol

Alcohol has a blood thinning effect & will give you a greater risk of bleeding & bruising which can lead to further complications from swelling. Bruising can be extensive & take anything for 7-10 days to resolve, rarely several weeks to resolve.

Day of Treatment



Avoid Wearing Makeup

Your face will be thoroughly cleaned & to prevent infection a product called Clinisept will be used to disinfect the skin, however, modern makeup is designed to last longer on the face and cover imperfections by sitting in the pores. It is impossible to guarantee complete removal of all traces of make-up, which can increase the risk of bio-film infections which may not be evident until several weeks or months later, requiring steroid & antibiotic therapy.



If You Have Bruising

Bruising is a normal, but undesirable risk of all injectable treatments & can be minimised by following the pre-treatment advice, if it does occur it can be managed by following the following technique.

Ice packs can be used for 10 minutes per hour for as long as required, ensure that you do not put the ice directly onto the skin use a clean tissue or thin cloth to wrap around the ice pack.

Using Arnica cream post procedure is helpful, apply to the affected area 2-3 times a day, use until the bruise has faded.



As advised by your practitioner, clinically produced cover-up makeup is especially useful immediately after your procedure as long as this is applied with clean hands it is safe. You cannot use your own makeup as you will be at risk of infection for 8-24 hours, you can resume using your usual makeup after 24 hours.