**PRE-INJECTION INSTRUCTIONS**

The following is a list of medications you should avoid for 7 - 10 days prior to your appointment because they can lead to excessive bleeding and possible bruising:

* Aspirin
* Over-the-counter cold medications that have aspirin (Excedrin, Contac)
* Advil (Ibuprofen), Motrin
* Aleve (Naprosyn, Nuprin)
* Vitamin E
* Fish Oil
* Omega 3 and Omega 6 Supplements
* Gingko Biloba
* Turmeric

On the day of your appointment for filler, you should plan to arrive at the office 30-45 minutes prior to your appointment time in order to remove your makeup, have photos taken and have the topical anesthetic cream applied to your face.

If you are concerned that you may bruise, Arnica pellets may be purchased at any health food store and can be used as follows: Place 5 pellets under your tongue 3 times daily for 2-5 days prior to your office visit, and on that day as well.

We recommend that patients being injected with Voluma avoid dental work, including dental cleanings, as well as any immunizations (such as flu or shingles vaccine) for one week prior to injection and one month after injections of Voluma.

\***FOR FIRST-TIME PATIENTS**, please bring in an old photo of yourself (face only)-preferably from high school or college years.

Please feel free to call or email us if you have any questions or concerns.