**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.

While in the past we have advised patients to take Arnica pellets before injections, there appears to be no real benefit to doing this, so we no longer recommend it.  However, there is no harm in taking Arnica if you feel it has helped you in the past.

We recommend that patients being injected with Voluma avoid dental work, including dental cleanings, as well as any immunizations (such as Covid, flu or shingles vaccine) for 3 weeks after injections of Voluma. If other fillers are being used, there is no problem. In addition, if you have a history of cold sores you should take Valtrex 2 grams twice a day, on the day before your visit as well as the day of your visit.

\***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.