



## DERMAL FILLER pre-procedure instructions

**BRUISING:** Any cosmetic procedure carries a small risk of bruising. Whilst we always try to minimise this with our injection techniques, there are a number of things you can do to help:

For **2 weeks prior** to your procedure please avoid the following:

Anchovies	Guarana
Anti-inflammatories including aspirin (unless medically necessary)	Glucosamine
Fish/krill/omega3 oils	Salmon - fresh or smoked
Garlic	Turmeric
Ginger	Vitamin E supplements
Ginseng	Wine & cider

Although there is only limited evidence of effectiveness, oral arnica or bromelain for **5 days prior** to your procedure may reduce the extent of any bruising. These can be purchased from any good chemist or health food store. Take the recommended dose (this differs between brands).

**DENTAL WORK:** Please do not have any dental work (including cleaning with your dental hygienist) for **2 weeks before & after** your dermal filler procedure.

**MAKEUP:** Your face must be clean and make-up free for your procedure appointment. You should not apply make-up for at least 4hrs afterwards.

**CANCELLATIONS:** Please advise us within 24hrs if you are unable to attend your procedure appointment to avoid incurring a non-attendance fee. This allows us to offer your appointment to another patient from our waitlist.