

PRE-OP FOR FILLERS/SCULPTRA

If you have previously suffered from facial cold sores, speak to your physician about medication to minimize the risk of recurrence.

Prior to the procedure:

- Discontinue substances that can prolong bleeding for at least 10 days; i.e. aspirin, naproxen, ibuprofen, fish oil, Vit E, MCT oil, garlic tabs, ginkgo biloba, St. John's Wort, ginseng, and herbal tea. DO NOT discontinue any of these particular blood thinners if you were instructed to take them by your primary care provider. If you have questions regarding your medications, or you are unsure if you should discontinue them contact your primary care provider.
- Avoid alcohol and caffeine the day prior to your treatment.
- If you are having dental surgery, please allow 1 week prior and 2 weeks post-surgery to schedule your appointment for filler.
- Please arrive make up free to your appointment if feasible.
- To help minimize bruising you may take a pineapple extract such as bromelain 500mg twice daily on an empty stomach starting 1 week prior to your treatment and for 1 week post treatment.

Day of procedure:

- To help minimize bruising, you may take Arnica Montana 30x; dissolve 4 tablets under tongue 4 times daily beginning 4 days prior to your appointment. This is a homeopathic medication and may be purchased at health food stores. We also have Arnica Montana in our office to take the day of procedure and every 5 hours after (4 tablets total). This may be purchased at our office the day of the procedure.
- Our team will apply a topical anesthetic gel which will be left on for approximately 20- 30 minutes prior to injection of your filler.

04/19/2022

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