

CHELSEA OBOURN MD  
**LAKESIDE**  
COSMETIC CENTER

**Pre-Treatment Instructions- Fillers**

- \* To reduce chances of bruising, please avoid the following for 7-10 days prior to your visit: aspirin, non-steroidal anti-inflammatory medications (NSAIDs), Celebrex, supplements with vitamin E, fish oil, and other herbal supplements (such as ginkgo, garlic or ginseng).
- \* If you normally require Valtrex for cold sores, please inform your provider (a preventative dose of Valtrex may be prescribed).
- \* To aid in faster recovery, you may take Arnica capsules prior to and after the procedure (you can find this over the counter with natural supplements).
- \* No dental work two weeks prior to treatment & two weeks after treatment.
- \* As with any injection, cosmetic injections may cause swelling and bruising. Most episodes are very mild and resolve shortly.

**Post-Treatment Instructions- Fillers**

- \* After your injection, bruising, swelling and discomfort may occur. You may apply ice to the area as needed, but do not place directly on the skin.
- \* Avoid intense cardiovascular exercise for 24 hours (i.e. cycling, running, etc.).
- \* You may wear make-up starting the day after treatment.
- \* Avoid facial massages to the treated area for a week and avoid touching the area excessively for the first 24 hrs. Always wash your hands prior to touching the area of injection.
- \* The evening after the injection you may wash your face with a gentle cleanser, but do not apply skincare products to the treated area.
- \* We recommend waiting 7 days before doing a facial or other skin treatments.
- \* **LIPS:** Avoid smoking, whistling, drinking from a straw, and kissing for at least 24 hours after treatment. Be advised, your lips and mouth will remain numb for a few hours after the treatment, please avoid consuming hot liquids to prevent burning and be careful with eating.
- \* **UNDER EYES:** Do not use swimming goggles for one month.
- \* Consider taking an anti-histamine after lip injections to minimize temporary swelling.
- \* If you have any questions or concerns, please do not hesitate to call our office at **585-905-3414**.