

**7 DAYS BEFORE PROCEDURE**

STOP TAKING Aspirin, Ibuprofen products, Anti-inflammatory products, Vitamin E, Fish oil, Plavix, Coumadin, Xarelto or Eliquis. Such drugs can cause excessive bruising problems during and after your procedure. Instead, use medications containing acetaminophen (Tylenol) for general or arthritic pain relief. Make sure you purchase Arnicare Tablets which you will need to take 2 days prior to procedure available at our office, Whole Foods, or Amazon Prime for \$10. The tablets help reduce bruising.

**1-2 DAY BEFORE YOUR PROCEDURE**

CONFIRM YOUR PROCEDURE TIME: We will call or text you to confirm the time of your procedure. If we have not contacted you, please call us to confirm at (501) 224-0880. **Your deposit will be forfeited if you cancel or reschedule your procedure without a 48-hour advance notice to compensate surgeon's unproductive block time. To minimize or prevent bruising, we highly recommend you start taking Arnicare tablets (manufactured by Boiron) 48 hours before treatment and continue a few more days afterwards. They are available at our office, Whole Foods or Amazon.**

If you are having LIP AUGMENTATION OR ENHANCEMENT, and you are prone to fever blister or cold sores, Dr. Lee can prescribe you Valtrex to lower incidence of fever blisters. You need to start the prescription one day *before* lip procedure and continue it for 2 days. Please notify us and we will be glad to send the electronic prescription to your pharmacy.

**DAY OF YOUR PROCEDURE**

To avoid infection risk and for best anesthetic effect, your skin must be clean. **Please come WITHOUT MAKEUP** or allow extra time (15 minutes early) to remove make-up to all treatment areas. If treatment involves under-eye area, please remove all eye-makeup.

**AFTER YOUR DERMAL FILLER INJECTION**

**VERY IMPORTANT: If you have excessive pain, discoloration, rash, blistering, scabbing, visual changes or abnormality to area that have not been treated or any other concerns, please call our office immediately at (501) 224-0880. After hours, call Dr. Lee on her cell phone (501) 258-2204.**

DO NOT touch, rub, massage, or apply makeup to the treatment areas and no exercise for the remainder of treatment day.

MAKE-UP: No make-up for reminder of treatment day. May use make-up the next day when injection sites are healed.

BRUISING/ SWELLING: Continue Arnicare tablet for 48 hours after treatment or until all bruising are gone. Cold or ice packs may be used. Only ice a few minutes each time. DermaBlend Cover Crème Foundation can provide good cover-up for rare dark bruising. It is available at Dillard's Cosmetic Department, Sephora, or Ulta for about \$33.

MEDICATION/ ACTIVITY/ DRIVING: You may resume aspirin, ibuprofen, vitamin products (listed above), and exercise the next day. You may drive if you feel normal and are not taking pain medication. If you feel light-headed or "woozy," **DO NOT DRIVE.** Either wait until the feeling passes or have someone else drive.

IF YOU HAVE A DENTAL BLOCK FOR LIP TREATMENT: Sensation & movement may take 2-3 hours to return to normal. Be careful when eating & drinking to avoid burning or biting your lips due to impaired sensation and movement. It may be difficult to talk or suck on a straw when anesthetic effect is still present.

**ABOUT DERMAL FILLER:**

There is usually very little discomfort. Swelling may be worst the next day. Please don't plan to attend any important function for several days after treatment in case of bruising /swelling.

**FOR BEST RESULT AT TEARTROUGH/UNDEREYE AREA, we offer complimentary touch up within 2-4 weeks using remaining product from initial session. We can only use the remaining product within 30 days from opening due to risk of contamination. If touch up is needed after 30 days, you may be responsible to purchase additional filler syringe.**

Dermal filler results can last 6 months to 2 years depending on product used and treatment locations. Result in areas with significant movements in general does not last as long as less mobile areas.