



R U M A  
*aesthetics*

# FILLER

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- If okayed by your health care provider, do not take any blood thinning medications such as Ibuprofen, Advil, Vitamin E, Fish oil, Excedrin, Aleve, etc. for at least two weeks prior to your treatment.
- Avoid alcohol and caffeine at least three days prior to your appointment. This will help diminish the bleeding, bruising, and swelling during and after your injections, which will result in making the overall procedure and recovery more comfortable for you.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- You may use Arnica tablets 2-3 days prior to injections to reduce the risk of bruising.
- If you desire numbing prior to your injections, please arrive 15 minutes early to your appointment.
- Any antibiotics taken need to be completely finished two weeks prior to injection appointments.
- Separate any dental visit out two weeks before/after any injection appointment.

### POST-TREATMENT CARE:

- Avoid exercise for 48 hours
- If okayed by your health care provider, avoid taking any blood thinning medications (listed above) for at least 48 hours after treatment. If tender you can take Tylenol.
- Ice the area as needed to help with any potential bruising and swelling.
- Take Arnica to decrease bruising and swelling.
- Take an antihistamine (like a Claritin or Benadryl) for the next few days to help decrease the inflammatory response.
- Stay well hydrated.
- Avoid alcohol for 48 hours.
- Watch skin for any unusual discoloration or bruising. Alert RUMA team immediately.
- Avoid wearing makeup for 24 hours.
- Sleep with your head elevated.
- Do not massage your face aggressively.

**It is normal for residual swelling to last for 2 weeks. Swelling and bruising can give the appearance of asymmetry or unevenness. If you feel that further enhancement is desired, please schedule a follow-up appointment or with the advice of your injector, schedule further treatment.**

**If you have any questions before or after your appointment, you can email us at [info@rumaaesthetics](mailto:info@rumaaesthetics) or call/text us at 801-529-8628.**

**Thank you for choosing RUMA Aesthetics!**