

Suh esthetics

Love the Way You Look and Feel at Any Age

Pre-Treatment Guidelines

Dermal Filler and Toxin Injection Pre-Treatment Guidelines:

Recommended guidelines from Dr. Suh for obtaining **the best results** from your dermal filler and other injectable treatments.

Dermal Filler injections (Bellafill, Juvederm, Voluma, Radiesse, Belotero, also PRP) and Toxin injections (Botox, Xeomin, Dysport) carry the risk of bruising if you are taking certain supplements or medications. To reduce this risk, please note the items on this list and discontinue at least 3 days (7 days if time allows) before your appointment for injections.

We also recommend that you come to your appointment make-up free.

Begin taking Arnica Montana pellets (available at our office, Whole Foods, vitamin or natural food stores) 2 days prior to your appointment, day of your procedure and 3 days post treatment. Cannula injection techniques have dramatically reduced the incidence of bruising, but you can further reduce the possibility of bruising by following these recommendations:

Medications to Discontinue 3 Days Before Treatment (7 days if time allows)

Aspirin
Ibuprofen (Motrin, Advil, Aleve)
St. John's Wort
Omega 3 fatty acids (Fish Oil)
Vitamin E
Ginger
Ginkgo Biloba
Ginseng

if you have been prescribed Aspirin or any prescription Blood Thinner, **do not discontinue unless permitted by your prescribing physician. Cold Sores: If you have a history of cold sores, ask us about pre-care instructions.

Possible Side Effects:

[The likelihood, intensity and duration of side effects depend on your individual healing characteristics/treatment type and may last up to 2 weeks after treatment.](#)

Swelling: You will notice most of the swelling the first morning after treatment, particularly if treated under the eyes. Swelling usually lasts two to three days. To minimize swelling:

- Apply cold compresses to the treatment area for 10 minutes every hour
- Sleep elevated the first night. Use several pillows for elevation
- If you are a stomach or side sleeper, try to sleep on your back the first night

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-Take Arnica Montana and/or Bromelain supplements for 2 days prior to your appointment day, day of your procedure and 3 days after. Both of these supplements can be found at your local pharmacy or herbal supplement store. We also have Arnica tablets and bruise healing cream available in our office.

Lips: The initial swelling after treatment to the lips may last a few days. Some patients experience swelling for up to a week and the lips can look somewhat 'uneven' during this time. It takes time for hyaluronic gels to balance with your skin's own water content which along with swelling may alter the result in the first few days post injection. After the swelling has subsided, you will be able to see your true results.

Redness: You may apply makeup immediately after treatment to minimize the appearance redness. Be sure, however, that your makeup brushes, applicators and hands are clean prior to use. We have brush cleaner available for purchase.

Tenderness/Pain: You may take Tylenol post treatment if necessary. Arnica should be continued 3 days post treatment.

If you have any concerns at any time, please call us at [425-998-9227](tel:425-998-9227)