



Precare & Postcare
Filler Injections

Filler injections

Dolce Vida Medical Spa

PRECARE FILLER INJECTIONS

01

Avoid alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood increasing the risk of bruising). Avoid red wine for one week prior to injections.

02

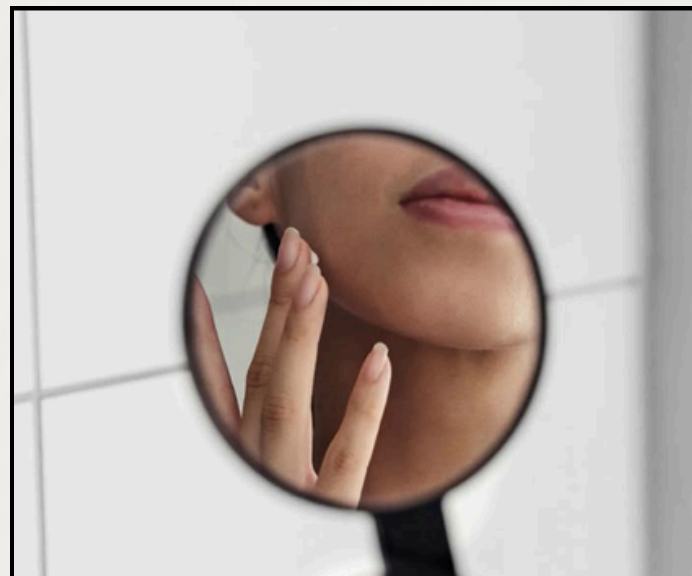
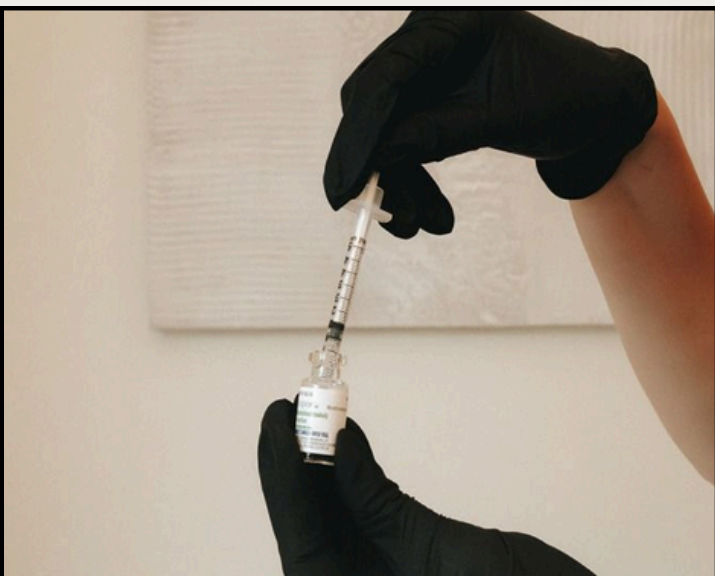
Avoid anti-inflammatory/blood thinning medications for one week prior to injection, Medications and supplements such as aspirin, fish oil, vitamin E, ibuprofen, and other NSAIDS, all thin the blood and can increase bruising/swelling after injections.

03

Be sure to check with your primary care physician before stopping any medication, especially if you are taking it for cardiac or vascular reasons.

04

Schedule Botox or facial filler appointments at least 4 weeks prior to an upcoming event (i.e. wedding, reunion, vacation etc.) to avoid any chance of being bruised for the event.



POSTCARE FILLER INJECTIONS

DO

- Apply cool compresses to reduce swelling/bruising for 48 hours.
- Apply arnica gel 2-3 times a day
- Gently massage lumps (after swelling subsides) with clean fingers, Arnica, and warm/cold compresses
- Stay hydrated (aim for ~8 glasses of water daily)
- After 48 hours if swelling persists, apply warm compresses to the area 2 times a day

AVOID

- Active skincare (AHAs, BHAs, Retinoids) for 24 hrs
- Excess alcohol, Blood-thinners like Aspirin
- Facials, waxing, peels, or lasers for 10–14 days

OTHER NOTES:

- Cold sores can be triggered by lip injections; use over the counter ointment or ask for a prescription if needed
- Injection sites may appear raised for up to 24 hrs. Use cool compresses for 24-48 hours
- After 72 hrs, use warm compresses for any persistent swelling or lumps
- Final results may take up to 4 weeks to appear

