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**PRE-AND POST PROCEDURE INSTRUCTIONS**

Filler

(Juvederm, Beletero, Radiesse, Restylane)

**PRE OP**

- Avoid aspirin, Motrin, Advil ibuprofen and Vit E several days before procedure to avoid bruising
- Use numbing cream if desired (apply 30 min prior to treatment)
- Ok to wear makeup right after
- If you have a history of cold sores, use medication prophylactically

**POST OP**

- Do not massage or move the area excessively for the next 48 hours.
- If a visible lump is seen massage is used to lessen the bump after 48 hours
- No vigorous activity for 24 hours following the injection as bruising is more likely
- No alcohol for 24 hours following the augmentation as bruising is more likely