

**DERMATOLOGY
ASSOCIATES of
CONCORD, Inc**

Terry P. Hadley, M.D. Kathryn E. Bowers, M.D. Eileen M. Deignan, M.D.
Caroline L. Levine, M.D. Matthew T. Zipoli, M.D. Alexis C. Perkins, M.D.
Lauren Alberta-Wszolek, M.D. Christina A. Alavian, M.D. Cheryl A. Gray, M.D. Julie A. Fenner, M.D.

290 Baker Ave Concord, MA 01742 | 625 Mount Auburn St Cambridge, MA 02138 | Telephone: 978-369-9023

PRE-FILLER INSTRUCTIONS

1. Avoid aspirin/Aleve for 10 days prior to treatment.
 2. Avoid the following for 7 days prior to treatment: Advil/ibuprofen or Motrin; Vitamin E supplements, Alcohol, Garlic supplements
- **Inform your physician if you need one of these medications for other medical purposes****
3. Please notify your Dermatologist ahead of time (at least one week prior to procedure) if you have a history of cold sores. An anti-viral medication might be prescribed for you to prevent cold sores from developing.
 4. Avoid any type of dental procedure (including regular cleanings) for 4 weeks prior to treatment.
 5. Skin must be healthy and intact at time of procedure. Inform our office if you are ill or have any active infections or rashes as this may be a contraindication to treatment.

Other suggestions:

- Take Arnica Montana 200 c tablets daily for 4 days prior to treatment.
- Eat a bowl of fresh pineapple daily for 4 days prior to treatment.
- Consider purchasing DermaBlend makeup (available at Macy's).

POST-FILLER INSTRUCTIONS

1. Avoid exercise for 48 hours.
2. Massage the injected material gently only if you see an obvious lump.
3. Apply ice packs every 2 hours while awake for the first day after having Restylane , and every 2 hours for two days after Radiesse or Sculptra.
4. Bruising is normal and resolves by 14 days. Call if bothersome bruising develops LASER treatment can diminish duration of bruises at no additional cost.
5. Avoid any type of dental procedures (including regular cleanings) for 4 weeks post treatment.
6. No Clarisonic cleansers for 2 weeks.
7. Avoid face down positions in massage, chiropractor table etc. for 2 weeks
8. Report any unusual pain, numbness, unusual bruising, or visual changes. If you have any unusual symptoms including difficulty swallowing or breathing go to the ER and call the office afterwards.

****Call the office with any questions or concerns 978.369.9023, there is always a doctor available 24 hours a day ****

TOTAL SKIN HEALTH
www.totalskinhealth.org