

Donna Johnston, MD

Pre-Care Instructions: Dermal Filler

- Stop any blood thinning agents (aspirin, fish oil, high dose garlic) for two weeks before treatment
- Purchase Arnica Gel (if bruising occurs, this will help it resolve faster: find in the same area as BenGay in any pharmacy)
- Notify provider if any history of Cold Sores and pre-medicate with anti-viral if needed.
- Notify provider of any concerns such as prior history of undesired effect from Dermal Filler