



Pre-Advice Dermal Fillers

- Do prep your skin. Prior to treatment, make sure to look after your skin and keep it in the best condition. Moisturise and avoid damaged pores.
- Do use sun cream, pre-treatment, to protect your skin.
- Do eat pineapple, as studies suggest the bromelain naturally found in pineapple can inhibit clot formation and therefore prevent bruising.
- Avoid alcohol for 24 hours pre-treatment.
- For a week before the procedure, if possible, avoid blood thinners such as aspirin, Ibuprofen and Vitamin E, as well as certain food supplements such as fish oil, liquorice, garlic, ginger, ginkgo and green tea.
- Avoid strenuous exercise the day of treatment, as this increases the heart rate and speeds up blood flow, meaning it increases your risk of bruising.
- You should also get plenty of rest the night before the treatment and try to eliminate as much stress as possible during the night before and the day of your treatment to prevent you from feeling rushed and hurried.

