

*Pre-Treatment*



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## DERMAL FILLER INSTRUCTIONS

- Do Not consume alcoholic beverages at least 24 hours prior to treatment
- Avoid NSAIDS such as aspirin, ibuprofen, Advil, or Aleve if possible 2 weeks prior to treatment. Use Tylenol instead.
- Schedule dermal filler 2 weeks prior to event which you may be attending for bruising or swelling may be present.
- Discontinue Retinol, Tretinoin 2 days prior and 2 days post treatment.

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# Post-Treatment

## DERMAL FILLER INSTRUCTIONS

- Avoid Significant movement or massage of the treated area, unless instructed by provider
- Avoid strenuous exercise for 24 hours
- Avoid extensive sun or heat for 72 hours
- Avoid excess consumption of alcohol or salts to help with swelling
- If you have swelling you may apply a cool compress for 15 mins each hour
- Use Tylenol for discomfort (No NSAIDS such as aspirin, Aleve, Advil)
- Try to sleep face up and slightly elevated if experience swelling
- Take Arnica tabs 3-4x per day to help with bruising and swelling
- Benefits of dermal fillers can be enhanced by creating a routine with a medical grade skincare system, such as Dr. Murphy's Skincare.

*Thank you!*