

# lachele

AESTHETICS & WELLNESS

## Filler Pre Treatment Instructions

### You are NOT eligible for this treatment if:

Typical downtime for this procedure ranges from **3-5 days of swelling or longer if you experience bruising**.

Please be sure to plan this procedure accordingly to your personal schedule with 2 weeks of downtime. We do not recommend any events or vacations during this time.

- Taking **anticoagulants** (*blood thinners*) is not a contraindication, however it **may increase your risk of bruising**. Please **stop these medications 7 days prior** to treatment only if medically permitted. This includes **Ibuprofen, Motrin, Advil, Aleve, Aspirin, multivitamins and fish oil**. Notify your provider if you are on any type of prescription anti-coagulant therapy (*Coumadin, Xarelto*).

### How to prepare for your treatment:

- **If you are prone to cold sores** (*Herpes Simplex A*), please notify one of our providers, as heat can act as a trigger and cause a flare up. Prophylactic antiviral medications can be prescribed for you.
- Please arrive to treatment with a **clean face, free of makeup and products**. Also, have your hair tied back if possible and **remove all facial jewelry or piercings**.

If you often bruise, **Arnica oral supplements** are available on our online [www.lacheleshop.com](http://www.lacheleshop.com), or in store. Ideally, start these two days prior to your procedure.

- Bromelain is a group of enzymes found naturally in pineapple. Drinking or eating pineapple can help minimize swelling and bruising.

If you have any **dental procedures within six months** of your treatment, please notify your injector.

If you have any **dental cleanings within two weeks** of your treatment, please notify your injector.

- Topical anesthetics such as lidocaine may be used for your treatment; therefore, please alert your provider of any allergies to topical anesthetics.

\*Multiple sessions may be needed for your desired results.

If you have any questions or concerns, please call our offices at (855)522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)