



**Dream Aesthetic**  
*by Dr. Ortiz*

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### *Pre-Care Instructions – Dermal Fillers*

To help you achieve the best possible results and reduce the risk of swelling or bruising, please follow these simple steps before your dermal filler appointment. We're excited to take care of you!

#### **5–7 Days Before Treatment**

- **Avoid medications and supplements that thin the blood**, including:
  - Aspirin, Ibuprofen, Naproxen (Advil, Motrin, Aleve)
  - Vitamin E, Fish Oil, Ginkgo Biloba, Ginseng, St. John's Wort
- If you take blood thinners prescribed by your doctor, **do not stop them** without medical advice.

#### **2–3 Days Before Treatment**

- **Avoid alcohol** to reduce the chance of swelling and bruising.
- **Skip facial treatments, waxing, or chemical peels** near the treatment area.
- **Drink plenty of water**—hydrated skin responds better to filler.

#### **Day of Your Appointment**

- **Arrive with a clean face.** No makeup, creams, or skincare products.
- **Avoid strenuous exercise** the day of treatment.
- **Eat something light** before your visit—don't come in on an empty stomach.
- **If you have an upcoming event (wedding, travel, photo shoot):**  
Schedule your filler appointment **at least 2 weeks in advance**.

#### **Important Reminders**

- If you have a **cold sore, active acne, or infection** in the area to be treated, let us know before your visit.
- **Pregnant or breastfeeding?** Dermal fillers are not recommended at this time.

#### **Have Questions?**

We're here for you every step of the way! If you're unsure about anything or want to talk before your appointment, don't hesitate to reach out.

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