

Anaheim Medical & Cosmetic Clinic
50 S. Anaheim Blvd.
Anaheim, CA 92805
Suite #96
Phone: (657) 230-9434

PRE- DERMAL FILLER INSTRUCTIONS

- No Aspirin, Vitamin E, Ginko Biloba, Aleve, St. John's Wort, garlic, or Ibuprofen (Motrin or Advil) for at least 7-10 days, before your appointment.
- *If you are taking prescription blood thinners such as Coumadin or Plavix, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment, and at least 2 days after the procedure has been done.
- If you have any history of Herpes Simplex (cold sores) on your face, make sure you inform Dr. **Hoshang Pormir MD**, at least one week before your appointment, so we can prescribe a medication to prevent an outbreak.
- Come to your appointment with a clean face. ****This means NO MAKE-UP****
- Eat a small meal or a snack before your appointment
- Take Tylenol one hour before your appointment to help with any discomfort you may have.
- Bruising and swelling will be worse for the first 24-48 hours, after you receive your dermal filler injections. You may want to refrain from going to any special events during this time.