

Filler

Pre-Treatment Instructions

- Please stop the following medications 7 days before your procedure to reduce the risk of bruising.
 - Advil
 - Ibuprofen
 - Fish Oil
 - Motrin
 - Aspirin
 - Vitamin E
- Arnica Montana Instructions (15c) (Or 9c as directed)
 - 5 pellets twice daily for 3 days prior to procedure
 - 5 pellets every hour for first 4-5 hours after procedure
 - 5 pellets every 2-3 hours 1st day after procedure
 - 5 pellets three times a day 2nd day after procedure

Post-Treatment Instructions

- Avoid manipulating the area treated for 6 hours after the treatment
- Avoid exercise and alcohol for 24 hours after the treatment
- Avoid using Clarisonic for 2-3 days after treatment
- Treat any bruised areas with cold compress for 48 hours
- Treat any bruised areas with BBL treatments- Please call Refine MD to schedule
- Have a follow-up treatment before the product has fully dissipated, this will maintain appearance

What to Expect

Skin may be slightly swollen, tightened and pinkish/red for the first 7 days