



# FILLERS

JUVÉDERM® | BELOTERO® | RESTYLANE®

## RECOMMENDATIONS BEFORE YOUR TREATMENT

**We look forward to seeing you for your treatment! Until then, follow these recommendations to optimize your results.**

- Avoid, if possible, alcohol, anti-inflammatory drugs (Advil®, Motrin®, Celebrex®, Naproxen®, etc.), Omega-3 as well as multi-vitamins in the 7 days preceding your treatments, because these increase the risk of bruising. You can resume them the day after treatment.
- Ensure to space your esthetician treatments and/or dentists appointment 2 weeks apart from your injectable treatment.
- If you have an infection or are taking antibiotics, please postpone your appointment.
- For a more comfortable treatment, you can take 2 tablets of acetaminophen (Tylenol®) 500 mg one hour before your appointment.
- Plan the right time to do your treatments, as there may be redness, slight swelling and, more rarely, bruising following your injectable treatments.
- Plan for a low exposure to the sun and UV rays during the 2 weeks following the injection. An SPF 45 sunscreen is strongly suggested.

[www.clinicare.ca](http://www.clinicare.ca)

  [clinicare.md](https://www.instagram.com/clinicare.md)

If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via [info@clinicare.ca](mailto:info@clinicare.ca)