



**LIVING YOUNG**  
CENTER FOR HEALTH & ANTI-AGING

## **How to Prepare for your Appointment**

### **Dermal Fillers / Lipo Dissolve / Pellet Insertion**

- To minimize bruising, be sure to avoid alcohol for 24 hours prior to your appointment.
- Stop taking any blood thinners for one week, including: NSAIDS (Ibuprofen, Aspirin, Naproxen Sodium), fish oil, and any vitamins beginning with a "G".



## **Post Treatment Chemical Lipo-Dissolve (Deoxycholic acid/Phosphatidylcholine injections)**

- Place a cold compress or ice pack on the area for 20 minutes and remove the cold compress or ice pack for 20 minutes. Continue this pattern as needed for 24 hours.
- Use Arnica to help decrease bruising, swelling, and discomfort.
- Take (over the counter) acetaminophen if needed to decrease post treatment discomfort.
- Sleep on your back and with your head elevated for the next 3-5 days after treatment.
- Drink plenty of water and fluids after treatment.
- Avoid vigorous exercise, sun and heat exposure for 3-5 days after treatment.
- Avoid steroids (prednisone), NSAIDS (Motrin, Aleve, etc), alcohol, caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, and spicy foods 24-48 hours after your treatment.
- Please report to your practitioner immediately if you develop any complications or have any concerns. Contact: 727-319-6884 or [Moreinfo@livingyoungcenter.com](mailto:Moreinfo@livingyoungcenter.com)