

Dermal Fillers PRE-TREATMENT INSTRUCTIONS

A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.

- Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
- Please let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.
- If you develop a cold sore, blemish, or rash, etc prior to your appointment, you must call to reschedule. Please give at least 24 hour notice prior to cancelling/rescheduling your appointment. If you have any concerns that you are not sure about, please do not hesitate to call us for clarification.
- If you have a special event or vacation coming up, schedule your treatment at least 2 weeks in advance. This will allow time for the swelling and bruising to dissipate in order for you to see the full effect of your results.
- Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment. This will help to minimize bruising and swelling.
- Discontinue Retin-A two (2) days before and two (2) days after treatment.
- Try to avoid alcohol, caffeine, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, and cigarettes 24-48 hours before and after your treatment.
- Do not schedule any facials, facial waxing/threading, peels, lasers, microdermabrasion for at least 24 hours after your treatment.