

PRE-TREATMENT INSTRUCTIONS: DERMAL FILLERS

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.
- If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.
- If you have a special event or vacation coming up schedule your treatment at least 2 weeks in advance.
- Let us know if you are prone to cold sores – a pre-operative medication may help prevent cold sores after treatment.
- AVOID: Alcohol, caffeine, motrin, ginkgo biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates (you may eat fruit), spicy foods, or cigarettes 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.
- Discontinue Retin-A two (2) days before and two (2) days after treatment