

## **DERMAL FILLER PRE-TREATMENT INSTRUCTIONS**

We have developed some guidelines to follow prior to your dermal filler injections. Adhering to these instructions can make all the difference in your post-injection recovery and reduce some possible side effects associated with the injections. We realize this is not always possible, however, minimizing these risks is always desirable.

Patient should be in good overall health with no active skin infections in the areas to be treated. 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.

Let us know if you are prone to cold sores. A pre-operative medication may help prevent cold sores after treatment.

If you have a special event or vacation coming up, schedule your treatment at least 2 weeks in advance.

**AVOID:** NSAIDS such as, Aspirin, Motrin, Ibuprofen, Aleve for one week prior to treatment. Avoid Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days prior to treatment. This will help decrease any risk of bleeding/bruising and swelling.

Take Arnica as instructed: 4 tablets 2 days before, 4 tablets: the day of, the day after, and two days after treatment. A total of 20 tablets. This will help decrease post treatment pain, bruising and swelling.

Discontinue Retin-A two (2) days before and two (2) days after treatment.

**AVOID:** Alcohol for 24 hours prior before treatment as this can thin the blood and increase the risk of bleeding/bruising.