

## DERMAL FILLER PRE-TREATMENT INSTRUCTIONS

- The patient should be in good overall health. A full medical, surgical, and dental history must be performed on all patients for optimal results. The patient should not be taking any current antibiotics, immunosuppressants, or blood thinning medications for at least 2 weeks prior to the dermal filler treatment.
- Any vaccinations should be scheduled 2 weeks prior to or 2 weeks after the dermal filler procedure.
- If you develop a cold sore, blemish, 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. Patients should not travel in the 48 hours following a dermal filler treatment in case of complications. Plan appointments accordingly.
- **Avoid** taking Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids ideally 2 weeks before dermal filler treatment and 3 days following the procedure.
- **Discontinue** Retinols or any prescription strength face creams 2 days before and 2 days after treatment.
- **Avoid** alcohol and caffeine for 24 hours prior to treatment in order to prevent thinning of the blood, which will lead to an increase in bruising and swelling after your procedure.
- Please try to come to your appointment with a clean, make-up-free face.