

# REFINED BEAUTY

## Filler Pre Instructions

If you have a special event or vacation coming up, please keep in mind that you may want to schedule your treatment at least 2 weeks in advance.

Do not schedule any invasive procedures for 2 weeks before or after dermal filler treatment. These include but are not limited to:

- Dental cleaning or dental work or Lesion excision or biopsy
- Surgery of any kind
- Internal device placement
- Tattoo or permanent makeup

History of surgical face lift of any kind will lead to denial of treatment of dermal fillers to the midface or cheek region.

It is recommended to discontinue the use of 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 to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.

Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods and cigarettes 24-48 hours before and after your treatment. These items may contribute to increased swelling or irritation.

If you have a history of cold sores with outbreaks occurring more than 4 times a year, it is recommended that you are pretreated with medication prior to the injection treatments around or near the oral area. The medication will need to be initiated 3 days prior to your treatment visit. Please consult with your primary care physician in obtaining the medication.

If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.

It is recommended to discontinue Retin-A 2-3 days before treatment to avoid any increased redness and irritation.

It is recommended that you wait at least 2 weeks to have dermal filler treatments performed if you have previously had cosmetic treatments with laser, ultrasound, peels, facials or micro-dermabrasion.

Please arrive at your appointment with a clean face.