

# Dermal Filler Pre-Treatment Instructions

## Patient Preparation Instructions

Your Appointment Date: \_\_\_\_\_ Your Appointment Time: \_\_\_\_\_

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

- If you have a history of Herpes (cold sores) with an outbreaks more than 4 times a year it is recommended that you are pretreated with medication. This office recommends Valtrex 2GM the day before or the day of the treatment and then another 2GM's 12 hours after the first dose. *\*\*Please let us know that you need a prescription if you do not have this medication on hand.\*\**
- If you develop a cold/flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, you must reschedule (*we cannot treat you*).
- If you are pregnant and/or lactating (nursing), you are not a candidate for treatment.
- It is recommended, if you have a special event or vacation coming up to schedule your treatment at least 2 weeks in advance.
- It is recommended you discontinue 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 and bleeding.
- It is recommended that you avoid: Alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates (*you may eat fruit*), spicy foods, and cigarettes 24-48 hours before and after your treatment. (*All of these factors may increase risk of bruising*)
- It is recommended you discontinue Retin-A two (2-3) days before treatment to avoid increased redness and irritation.