



In order to minimize the risk of possible side effects and complications of injections, please follow these simple steps:

Pre-Treatment Instructions:

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising.)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of two weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega-3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDs have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your appointment at least two weeks prior to a special event which you may be attending.
- Results from the Dermal Filler are immediate, however you will notice that bruising and swelling may be apparent in that time period. Please give it a full TWO WEEKS before you will see the final results.
- Discontinue Retin-A two days before and two days after treatment.
- Reschedule your appointment at least if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores please let your provider know, they may put you on an antiviral medication prior to treatment.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during her treatment.
- You may begin to take **Arnica** three days prior to the procedure to help decrease bruising
- You are not a candidate if you are pregnant or breast-feeding.