



## INJECTABLES:

### Before Treatment Instructions

- For optimal results, and to minimize the chance of bleeding or bruising at the injection site, please **avoid** all blood-thinning medications and supplements for one week prior to your appointment. This includes over-the-counter medication such as aspirin, Motrin, ibuprofen, and Aleve. Also **avoid** herbal supplements such as garlic, vitamin E, ginkgo biloba, St. John's Wort, and omega-3 capsules. If you have a cardiovascular history, please check with your doctor before stopping use of aspirin.
- Inform your provider if you have a history of oral herpes to receive advice on antiviral therapy **prior to** treatment. (Valtrex 500 mg BID, 5 days, start 2 days before treatment)
- **Avoid** consuming alcoholic beverages and caffeinated beverages 24 hours before or after your treatment to help minimize the chances of bruising.

\*Please reschedule treatment if you are currently taking antibiotics (or any medication that causes skin sensitivity) , steroids, have an active sunburn.