



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.

To ensure your safety, PLEASE RESCHEDULE your appointment if any of the following apply:

- You are currently taking antibiotics, steroids, or any medication that may cause skin sensitivity.
- You have dental work planned within 2 weeks **before or after** your *filler* appointment. (Botox is ok)
- You have an active infection of any kind—please wait at least two weeks before rescheduling.
- You are pregnant or actively breastfeeding