**Dermal Filler Pre-Treatment Instructions**

It is important to follow some simple guidelines before treatment that can make all the difference between a fair result and a fantastic result. These guidelines will reduce some potential side effects associated with injections. These instructions are not always possible; however, minimizing these risks is always desirable.

* Drink plenty of water for at least the 2 weeks leading up to injections. This will help the overall appearance of you skin and enhance any results you gain from the injections.
* Schedule treatments a minimum of 2 weeks prior to any special events such as weddings or vacations. It is not desirable to have a very special event occurring while you are bruised or have swelling from an injection.
* Discontinue Retin-A or Retinol two (2) days before and two (2) days after treatment.
* Reschedule your appointment if you develop a cold sore, blemish or rash or other infection prior to your appointment. Let us know if you are prone to cold sores – a pre-treatment medication may help prevent cold sores after treatment.
* Avoid alcoholic beverages, caffeine and cigarettes at least 24 hours prior to treatment. This is to reduce the incidence of bruising after these procedures.
* Avoid anti-inflammatory or blood thinning medications ideally for 2 weeks prior to treatment. These medications and supplements include aspirin, Vitamin E, Gingko Biloba, St. John’s Wart, Turmeric, Ibuprofen, Motrin, Advil, Aleve, Vioxx and other NSAIDS are all blood thinning and can increase risk of bruising and/or swelling after injections. Check with your prescribing doctor before stopping any prescription medications.

Come to your appointment with skin that is clean, free from make or moisturizers in the area to be treated. If this is not possible you will be able to clean your skin at the appointment prior to injection.