



## **Dermal Fillers** **Pre-Treatment Instructions**

For best results, please follow these instructions:

- If you have a history of Herpes (cold sores) you must be treated with Valtrex 2GM at the time of the procedure and then Valtrex 2 GM's 12 hours later.
- If you develop a cold sore, blemish, or rash, etc. prior to your appointment you must reschedule.
- If you have a special event or vacation coming up, schedule your treatment at least 2 weeks in advance.
- NO 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. These products increase your risk of bruising and bleeding.
- Discontinue retinoic acid products two (2) days before and two (2) days after treatment.
- 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.