



Pre Care Instructions

For Fillers

Follow this guideline BEFORE your treatment

- 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, ginko biloba, St. John's Wort and omega-3 capsules. If you have a cardiovascular history, please check with your doctor prior to stopping use of aspirin.
- Inform your provider if you have a history of Perioral Herpes to receive advice on antiviral therapy prior to treatment. (Valtrex 500 mg BID, 5 days, start 2 days prior to treatment)

- Avoid topical products such as Tretinoin (Retin-A) retinols, retinoids, glycolic acid, alpha hydroxy acid, or any "anti-aging" products for two days before and after treatment.
- Do not drink alcoholic beverages 24 hours before or after your treatment to avoid extra bruising.
- Do not use dermal fillers if you are pregnant or breastfeeding, are allergic to any of it's ingredients or suffer from any neurological disorders.

For any further questions or clarifications, you may reach us via the following:

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