

## **PRE-TREATMENT INSTRUCTIONS**

### **Dermal Fillers**

*A few simple guidelines before your treatment can make a difference between a good result and a fantastic one.*

**If you have a history of Herpes (cold sores) you must be treated 2 days prior and 8 days after treatment with Valtrex 500mg BID (twice a day) or Zovirax 400mg TID (three times a day). Please ask the doctor for a prescription before your filler treatment.**

**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, Ginkgo 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.**

**Discontinue Retin-A 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**