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PRE-TREATMENT INSTRUCTIONS - DERMAL FILLER TREATMENT

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

- Patient should be in good overall health. A full medical and dental history must be performed on all patients for optimal results.
- 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, please schedule your treatment at least two (2) weeks in advance.
- Let us know if you are prone to cold sores- a pre-operative medication may help prevent cold sores after treatment.
- **AVOID:** Alcohol, caffeine, motrin, Ginko Bilboa, garlic, flax seed oil, cod liver oil, Vitamin A, Vitamin E, fatty acids, niacin supplements, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, or cigarettes, 24 hours before your treatment. This is to reduce the incidence of bruising after these procedures.
- **DISCONTINUE:** Retin-A two (2) days before and two (2) days after treatment.