

## **Injectable Treatment Pre-Treatment Care Instructions**

### Pre-Treatment Instructions

- Do NOT consume alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood and increase the risk of bruising)
- Avoid anti-inflammatory/blood thinning medications, if possible for a period of 2 weeks before treatment. Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Schedule your Dermal Filler and Toxin appointment at least 2 weeks prior to a special event which you may be attending, such as a wedding or a vacation. Results from the Dermal Filler and Toxin injections will take approximately 4 to 7 days to appear. Also bruising and swelling may be apparent in that time period.
- Discontinue Retin-A 2 days before and 2 days after treatment
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore or blemish on the area.
- If you have a history of cold sores, we recommend taking an antiviral prior to treatment. If you do not have an antiviral treatment, Dr. Trinh can provide one to you.
- Be sure to have a good breakfast, including food and drink before your procedure. This will decrease the chances of lightheadedness during your treatment
- You are not a candidate if you are pregnant or breastfeeding.
- During the course of your treatments, notify our staff of any changes to your medical history, health status or personal activities that may be relevant to your treatment.

**FOLLOW-UP:** To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.

**If you have any questions or concerns after the procedure, call us at 833-998-5893**